

Live Long And Prosper



Live Long, Live Happy, Live Safely,
Live Healthy, Live Prosperously



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BOOK SIX

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Growing Old Gracefully

Today the average duration of human life in the United States is just about 70 years for women and a little less for men. Conservative experts believe that man is really built to last about 100 years; and that medial advances and more healthful living habits could bring this about within a generation or two.

What good is it to add years to life if we do not also add life to years? In fact, unless people learn to enjoy life and to grow old gracefully, the extra years may be an additional burden.

From 18 to 30 years is roughly the period of highest physical and mental vigor. The experiences we accumulate from the day we are born help us to conserve and to use our physical and mental abilities more wisely, so that for some time after 30 years we are able to perform increasingly well in spite of slowly slipping vigor. After age 50 the increasing accumulation of experience is no longer able to offset the now more rapidly energy

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and therefore aging begins to assert itself noticeably and in many ways.

A number of things may come about gradually such as people who have not used eyeglasses before may at some time in their forties need them for reading, and in the fifties they usually need bifocals.

Also in the forties, people are likely to put on weight because there is a general slowdown in the oxidation rate of the aging body tissue. Also we tend to do less strenuous work with no reduction in the amount of food consumed.

And in the fifties there is likely to be some loss of hearing. Usually the high-pitched tones go first, so words with the sounds of F, S, and TH are confused. A hearing aid may be needed in some cases.

Aging is generally accompanied by a loss in physical and mental flexibility. This is noticed in a tendency to become stiff in the joints; in slower comeback after a strenuous trip, excessive "night life," or hard work; in slower healing of wounds, sore muscles, and sprains; in slower recovery of pep after an illness; and in greater difficulty to adjust to new people, new places, and new ideas.

Men, especially, will notice loss of muscular strength. There will be increased unsteadiness and delicate muscle movements will be more clumsy and the stride in walking will become shorter. The conclusion now is that the performance and ability of the elderly has long been

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underestimated and can be greatly improved by a proper diet, sleep and exercise along with rest and relaxation.

Many elderly people tend to lose their joy and will to live and chronic worriers may mope around and withdraw. Medical authorities now say that laughter is one of the best medicines for the elderly. You can always keep your sense of humor tuned up by surrounding yourself with pleasant and interesting people. Just act your age and don't be afraid to laugh at yourself even when no else is around.

Now that we all know the role that physical activity plays in our lives, remember to do something physical every day. The joints must be used or quite simply they will tighten with age creating that stooped worn out appearance we so often associate with getting old. Keep yourself flexible and fit on an exercise program consistent with your ability.

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Safeguarding Your Food

Every year, an estimated 7 million Americans suffer from cases of foodborne illness. Some cases are violent and even result in death. Of course this is commonly known as “food poisoning.” The culprit is food that has dangerously high levels of bacteria due to improper cooking or handling.

Food safety is usually taken for granted by the buying public but everyone’s attention was recently directed to food poisoning involving some meat that was undercooked. It was determined that the problem never would have happened if the meat had been cooked properly. E.Coli 0157.H7 is a potent virus, but it can be completely destroyed when the meat is fully cooked.

It is important for consumers to take an all-around safety approach to purchasing, storing and preparing both traditional and new meat and poultry products. Ultimately, consumers and food handlers bear the responsibility for keeping food safe

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once it leaves the store.

According to the U.S. Department of Agriculture, about 85 percent of foodborne illness cases could be avoided each year if consumers would handle food properly. The most common foodborne illnesses are caused by a combination of bacteria, naturally present in the environment, and food handling mistakes. Ironically, these are also the easiest types of foodborne illnesses to prevent. Proper cooking or processing of raw meat and poultry kills bacteria that can cause foodborne illness.

When you're out, grocery shop last, take food straight home to the refrigerator. And never leave food in a hot car! Don't buy anything you won't use before the use-by date. Don't buy food in poor condition. Make sure refrigerated food is cold to the touch. Frozen food should be rock-solid. Canned goods should be free of dents, cracks or bulging lids which can indicate a serious food poisoning threat.

The performance and maintenance of your refrigerator is of the utmost importance. Check the temperature of your refrigerator with an appliance thermometer. To keep bacteria in check, the refrigerator should run at 40 degrees F; the freezer unit at 0 degrees F. Generally, keep your refrigerator as cold as possible without freezing your milk or lettuce.

When you prepare food, keep everything clean and thaw out any frozen food you plan to pre-

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pare in your refrigerator. Take it out of the freezer in advance and place it in the refrigerated section of your refrigerator. Always wash your hands in hot soapy water before preparing and handling any food as well as after you use the bathroom, change diapers, handle pets, etc. Remember, too, that bacteria can live in your kitchen towels, sponges and dish cloths. Wash them often and replace the dish cloths and sponges you use regularly every few weeks.

Be absolutely sure that you keep all raw meats, poultry and fish and their juices away from other food. For instance, wash your hands, your cutting board and knife in hot soapy water after cutting up the chicken and before dicing salad ingredients. It is best to use plastic cutting boards rather than wooden ones where bacteria can hide in grooves. Don't take your food out of the freezer and leave it on the kitchen counter to thaw. This is extremely dangerous since the bacteria can grow in the outer layers of the food before the inside thaws. It is wise to do your marinating in the refrigerator too.

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Your Personal Safety

The world we live in today is much safer than the one known by your parents and grandparents. Even considering the constant bombardment of news to the contrary, the government and industry have taken some major steps to protect us all. In almost everything we do, we are surrounded by protection based on safety experience from the past.

You'll be safer -- but only if you have a strong feeling for safety. Why? Because many of the safety factors developed to protect you function only if you do something about them. Do you buckle your seat belt every time you get in the car? Do you cross the street at crosswalks instead of jaywalking? Do you walk or jog on the left side of the road so that you are facing oncoming traffic? These are just a few of the things that you know and can do something about.

We all must acknowledge the fact that we bear some of the responsibility for making our environment safe and safety is thinking about other people, too. Because in this safety awareness, we can take steps to help others. For instance, a

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jagged piece of metal and certain types of broken bottles on the street can cause tire problems to cars. Broken glass on the beach might also send someone to the hospital for stitches. When you take time to clean up things such as broken bottles, etc., you're taking a big step toward protecting others.

An accident is something that happens to you and to others. It's easy to think that these accidents just happen. But they don't. They're not just bad luck or bad breaks that come to you out of nowhere. An accident is never supposed to happen. It isn't planned and it isn't deliberate. Accidents are caused!

An accident can be caused by an unsafe condition. Look at your automobile. It can be a typical example of an unsafe condition. Bad brakes and unsafe tires, faulty headlights, loose steering, and, yes, even dirty windshields and side windows can cause accidents, and they are all unsafe conditions. And along this same line, we need to consider unsafe acts as also contributing to the cause of accidents. These are not "conditions." They are what you, or someone else, does or doesn't do. A good example is jaywalking. You know it's dangerous to walk out between parked cars to cross the street, but it's easier than walking down to the next corner.

Both unsafe conditions and unsafe actions exist, and either one can cause accidents. But you can put the two together, as well. That car with the

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poor brakes, and all the other unsafe conditions, isn't unsafe at all until someone starts to use it. It's the act of using that causes the accident. Oh sure, the car was at fault, but the driver of that car was the ultimate cause of the accident.

You will find many unsafe conditions in your daily life, but most of them become truly unsafe based on your own actions related to them. What causes you to act in an unsafe way? Is it carelessness? Poor judgement, were you at the wrong place at the wrong time?

There's never a total absence of risks in our lives. Risks are voluntary actions and can be managed. Emergencies can be met and handled, but it takes know-how and constant awareness. What you can't prevent, you can usually compensate for or protect against.

Safety experts classify accidents in four broad categories: Motor vehicle, work and job related, home, and public. The public category excludes motor vehicle and work accidents in public places. It covers sports and recreation (swimming, hunting, etc.), air, water, or land transportation excluding motor vehicle and public building accidents.

On the average, there are 10 accidental deaths and about 1,000 disabling injuries every hour during the year. About one-half of the deaths occur in motor vehicle accidents while about one-third of the injuries occur in and around the home.

It's not hard to imagine adding yourself to

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the accident statistics. Any day of the week, you'll be swamped with stories in the newspapers and on television about the many tragic accidents going on all over the country and it seems to be getting worse all the time. And in every case the victim was somebody who did not plan or expect that they would be hurt or killed.

In a matter of seconds, everything you were ever going to do and be can be snuffed out. At the least, you suffer pain and inconvenience from an accident. At worst, an accident kills or damages you for life.

Safety saves you, but it does more than that. Mix each safety ingredient with all of your day to day activities. An use common sense in everything you do.

Safety in your home is a combination of mind and matter. You mind must be constantly aware of the home safety dangers. The matter is the safety condition of your home.

The safety condition of your home isn't a case of rebuilding things to make it safe. It's more the disposal of dangerous items, and a case of good housekeeping. A safe home has a place for everything, and that along with the right mental attitude about keeping those things in place is just good housekeeping.

The home is the most frequent place for injury accidents to occur, and it is second only to motor vehicle accidents for the number of deaths in the country today. Family members are busier

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than ever rushing in and out so it's easy to understand how careless mistakes are often made.

When you read the daily newspaper or watch newscasts on TV, you'll see that home accidents can be classified in two major ways. There are things that can totally disrupt your entire community - - such as earthquakes, tornadoes, storms and floods.

And then there are those kinds of accidents that are centered in your own home, and not involving the whole community. These are things like fires, local earth sliding, flooding and wind damage.

You will need to consider both types when thinking about safety at home. For the community - wide disasters, you may or may not receive any outside help for a considerable period of time, and you must be prepared to survive on your own home resources. With the second type, your home may be destroyed, but some help should be there from the outside, early in the experience. Most cities and communities have some agencies and organizations in place to assist the public in times of severe emergencies.

It is wise for everyone to do a home safety check on a regular basis and get the family members involved. Naturally, every family needs to develop its own plan because every house and every family is different. What you can't prevent, you can usually compensate for or protect against.

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The Radon Problem

You can't see radon. And you can't smell or taste it, but it may very well be a problem in your home. It is estimated to cause many thousands of deaths each year. Radon is a cancer-causing, radioactive gas, and when you breathe air containing the gas, you can get lung cancer. In fact, radon has now been declared the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

Radon can be found all over the United States. It comes from the natural breakdown of uranium in soil, rock and water and gets in to the air you breathe. Radon can get into any type of building, homes, offices, and schools and build up to high levels. But you and your family are most likely to get your greatest exposure in your home because that is where you spend most of your time.

Testing is the only way to know if you and

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your family are at risk from radon. The Environmental Protection Agency along with the Surgeon General recommend testing all homes below the third floor for radon. It is inexpensive and easy to do the testing and it only takes a few minutes of your time. Millions of Americans have already had their homes tested. Radon from soil gas is the main cause of radon problems although it can also enter the home through well water. And in a small number of homes, certain kinds of building materials may give off the gas, too. However, the building materials rarely cause the problem by themselves.

It has now been determined that nearly 1 out of every 15 homes in the U.S. is estimated to have elevated radon levels. Elevated levels of radon gas have been found in every state including homes in your state.

The public has only recently started showing interest in this deadly, cancer-causing gas. Contact your state radon office for general information about radon in your area. While radon problems may be more common in some areas, any home may have a problem. Home buyers and renters are now asking about radon levels before they buy or rent a home.

While radon in water is not a problem in homes served by most public water supplies, it has been found in some well water. If you've tested the air in your home and found a radon problem, and your water comes from a well, contact a lab

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certified to measure radiation in water to have your water tested. If you're on a public water supply and are concerned that radon may be entering your home through the water, call your public water works.

Since there is no known safe level of radon, there can always be some risk. But the risk can be reduced by lowering the radon level in your home. A variety of methods may be used to reduce radon in one's home. In some cases, sealing cracks in floors and walls may help to reduce radon. In other cases, simple systems using pipes and fans may be used to reduce the gas. Because major renovations can change the level of radon in any home, always test again after you have any work done. There are reliable test kits available through the mail, in hardware stores and certain other retail outlets.

Like other environmental pollutants, there is some uncertainty about the magnitude of radon health risks. However, more is known about the risks of radon than from most other cancer-causing substances. This is because estimates of radon risks are based on studies of cancer in humans such as underground miners.

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Sensible Diet Tips

Start your diet with a food diary, record everything you eat, what you were doing at the time, and how you felt. That tells you about yourself, your temptation, the emotional states that encourage you to snack and may help you lose once you see how much you eat.

Instead of eating the forbidden piece of candy, brush your teeth. If you're about to cheat, allow yourself a treat, then eat only half a bite and throw the other half away.

When hunger hits, wait 10 minutes before eating and see if it passes. Set attainable goals. Don't say, "I want to lose 50 pounds." Say, "I want to lose 5 pounds a month." Get enough sleep but not too much. Try to avoid sugar. Highly sweetened foods tend to make you crave more.

Drink six to eight glasses of water a day. Water itself helps cut down on water retention because it acts as a diuretic. Taken before meals, it dulls the appetite by giving you that "full feeling."

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Diet with a buddy. Support groups are important, and caring people can help one another succeed. Start your own, even with just one other person.

Substitute activity for eating. When the cravings hit, go to the “Y” or health club if possible; or dust, or walk around the block. This is especially helpful if you eat out of anger.

If the pie on the counter is just too great a temptation and you don’t want to throw it away, freeze it. If you’re a late-night eater, have a carbohydrate, such as a slice of bread or a cracker, before bedtime to cut down on cravings. Keep an orange slice or a glass of water by your bed to quiet the hunger pangs that wake you up.

If you use food as a reward, establish a new reward system. Buy yourself a non-edible reward. Write down everything you eat - - everything - including what you taste when you cook. If you monitor what you eat, you can’t go off your diet.

Weigh yourself once a week at the same time. Your weight fluctuates constantly and you can weigh more at night than you did in the morning, a downer if you stuck to your diet all day. Make dining an event. Eat from your own special plate, on your own special placemat, and borrow the Japanese art of food arranging to make your meal, no matter how meager, look lovely. This is a trick that helps chronic over-eaters and bingers pay attention to their food instead of consuming it unconsciously.

Don’t shop when you’re hungry. You’ll only

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buy more fattening food. Avoid finger foods that are easy to eat in large amounts. Avoid consuming large quantities of fattening liquids, which are so easy to overdo. And this includes alcoholic beverages.

Keep plenty of crunchy foods like raw vegetables and air-popped fat-free popcorn on hand. They're high in fiber, satisfying and filling. Leave something on your plate, even if you are a charter member of the Clean The Plate Club. It's a good sign that you can stop eating when you want to, not just when your plate is empty.

Lose weight for yourself, not to please your husband, your parents or your friends. Make the kitchen off-limits at any time other than mealtime. Always eat at the table, never in front of the TV set or with the radio on. Concentrate on eating every mouthful slowly and savoring each morsel. Chew everything from 10 to 20 times and count! Never skip meals. carbohydrate, such as a slice of bread or a cracker, before bedtime to cut down on cravings.

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Conquering The Smoking Habit

Most smokers sincerely want to quit. They know cigarettes threaten their health, set a bad example for their children, annoy their acquaintances and cost an inordinate amount of money.

Nobody can force a smoker to quit. It's something each person has to decide for himself, and will require a personal commitment by the smoker. What kind of smoker are you? What do you get out of smoking? What does it do for you? It is important to identify what you use smoking for and what kind of satisfaction you feel that you are getting from smoking.

Many smokers use the cigarette as a kind of crutch in moments of stress or discomfort, and on occasion it may work; the cigarette is sometimes used as a tranquilizer. But the heavy smoker, the person who tries to handle severe personal problems by smoking heavily all day long, is apt to discover that cigarettes do not help him deal with his problems effectively.

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When it comes to quitting, this kind of smoker may find it easy to stop when everything is going well, but may be tempted to start again in a time of crisis. Physical exertion, eating, drinking, or social activity in moderation may serve as useful substitutes for cigarettes, even in times of tension. The choice of a substitute depends on what will achieve the same effects without having any appreciable risk.

Once a smoker understands his own smoking behavior, he will be able to cope more successfully and select the best quitting approaches for himself and the type of life-style he leads.

Because smoking is a form of addiction, 80 percent of smoker who quit usually experience some withdrawal symptoms. These may include headache, light-headedness, nausea, diarrhea, and chest pains. Psychological symptoms, such as anxiety, short-term depression, and inability to concentrate, may also appear. The main psychological symptom is increased irritability. People become so irritable, in fact, that they say they feel "like killing somebody." Yet there is no evidence that quitting smoking leads to physical violence.

Some people seem to lose all their energy and drive, wanting only to sleep. Others react in exactly the opposite way, becoming so over energized they can't find enough activity to burn off their excess energy. For instance, one woman said she cleaned out all her closets completely and was ready to go next door to start on her neighbor's.

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Both these extremes, however, eventually level off. The symptoms may be intense for two or three days, but within 10 to 14 days after quitting, most subside. The truth is that after people quit smoking, they have more energy, they generally will need less sleep, and feel better about themselves.

Quitting smoking not only extends the ex-smoker's life, but adds new happiness and meaning to one's current life. Most smokers state that immediately after they quit smoking, they start noticing dramatic differences in their overall health and vitality.

Quitting is beneficial at any age, no matter how long a person has been smoking. The mortality ratio of ex-smoker decreases after quitting. If the patient quits before a serious disease has developed, his body may eventually be able to restore itself almost completely.

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Hay Fever, Allergy And Asthma

Hay fever is a chronic condition characterized by sneezing, nasal congestion, runny and itchy nose, palate, ears and eyes. If you recognize any of these symptoms chances are, you or some member of your family has experienced hay fever at one time or another.

Doctors call it allergic rhinitis. Most people know it as hay fever and if you've got it - - as 22 million Americans do - - you're likely to be plagued during the spring and fall seasons by such annoying symptoms as sneezing, congestion, runny nose, itchy throat and red, watery eyes. Allergy has different names. Allergy reactions occurring in the nose and sinus are called "sinus" or "hay fever" or "allergic rhinitis." And when allergy reactions occur in the chest we call it "asthma." Allergy reactions in the skin are named "hives" or "angioedema." So you see, allergy has different names depending upon where in your body it occurs.

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One out of every six Americans suffers from an allergic condition. Allergy is an inherited trait, a genetic susceptibility towards the production of certain allergy anti-bodies.

Hay fever is basically an allergic reaction to pollens from trees, weed and grasses. Unlike garden flower pollen, which is carried by insects, the dry lightweight pollens which cause allergic rhinitis are generally spread by wind currents which make them difficult to avoid. In fact, samples of ragweed pollen have been found 400 miles at sea! While most people suffer mild discomfort with hay fever, it is estimated that more than 40 percent of the 5.8 million children who have respiratory allergies miss some school, stay in bed or feel upset by the condition.

Additionally, complications from allergic rhinitis can be serious. The same allergens that cause hay fever can reach the lungs causing asthma and other complications. Sinusitis (inflammation of the sinus cavities) and nasal polyps (small outgrowths of the mucous membrane of the nose) may develop. Secondary infections of the ear, larynx and bronchial tubes may occur. Also, prolonged year-round nasal stuffiness and mouth breathing may lead to facial bone growth changes in children.

Surprisingly, many parents realize that their children have asthma before their physicians do. An accurate diagnosis, however, is most important in helping to determine an appropriate individu-

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alized treatment program. Physicians specializing in allergy/immunology have special skills in the area of asthma management. The allergy and asthma specialist will detect and determine those environmental elements (pollens, molds, dust mites, animal danders, workplace chemicals) which may be the cause of a patient's asthmatic condition. A careful medical history, physical examination, selective allergy skin testing and lung function studies are typically performed. Occasionally, blood tests, home and workplace evaluations, and x-rays of the sinuses and lungs are required.

Unlike hay fever, asthma is a more complex disease involving a reversible constriction of the muscles lining the human airways. It is more often associated with allergy immune cells and can get progressively worse reaching life-threatening stages if not properly controlled. It can be treated more effectively when it is diagnosed early.

The best therapy of all, however, is avoidance of those things which produce asthma symptoms. This includes allergens, such as house dust mites, pets and irritants, such as tobacco smoke and chemical fumes.

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Fueling Up On Water

It's our body's vital fuel, a health drink from mother nature. It's calorie-free, inexpensive and easily obtained. Yet few people follow the old fashioned advice to drink eight glasses of water a day.

Most people drink when they are thirsty, but the beverage of choice tends to be some other drink besides water. Americans drink two or three glasses of plain water a day, according to a U.S. Department of Agriculture survey conducted in the late 1970. Based on an analysis of all fluid intake by adults, it is said to total about two quarts of water a day, and this includes water from foods and from other beverages. It's not usually necessary to actually swallow two quarts of plain water every day. However, people with special problems such as kidney conditions might be exceptions.

Americans drink eight gallons of bottled water a year, roughly two ounces or a quarter-cup a day, according to the International Bottled Water Association. Californians drink three times the

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national average of bottled water, downing 24 gallons a year, or nearly a cup a day. Climate and seasons of the year play a role in one's thirst also, and just as we tend to perspire more in the summer months, we also tend to drink more water.

Boosting intake of plain water makes good sense, many experts concur, because water eases digestion and regulates body temperature.

Water also bathes the cells and accounts for about 60 percent of body weight. And it can help us exercise longer and more efficiently. Drinking water can ward off constipation and maybe even crankiness. And since it's a natural appetite suppressant, water can help us lose weight and keep it off. It can help keep skin healthy, although it won't necessarily banish acne.

Who should drink water? We all should, but pregnant women, nursing mothers and athletes should be especially careful to drink a sufficient amount. When it is hot or humid, upping water intake is also wise. There are certain workers who seem to have a more difficult time developing the water-drinking habit. Among those who don't normally drink enough water are teachers, airline attendants and nurses.

Drinking fluids, particularly, water, during exercise reduces cardiovascular stress and improves performance. After a strenuous workout, you have to replace the fluids you have lost. Otherwise, you will suffer chronic dehydration. Drink water before, during and after exercising, and re-

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member that water reduces body temperature thus making the whole exercise process safer.

Water can be especially helpful for people with a history of kidney stones because it dissolves calcium in the urine, reducing the risk of stone formation. Among physicians, urologists are probably most likely to extol the virtues of water, And it has been documented that drinking water mostly before 6 P.M. can reduce the likelihood of nocturnal bathroom visits.

It is interesting to note also that water helps prevent urinary tract infections, both for men and for women. Too busy to count how many glasses a day you drink? There are other ways to calculate if your intake is sufficient. Dark-colored urine often suggest you aren't drinking enough water. Get into the habit by starting with a glass of water with every meal, then work in a cup between meals.

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New Therapy For Heart Attacks

New drugs can stop or limit the damage of a heart attack, but only if the patient gets help immediately, experts say. Once the flow of blood to a portion of the heart is blocked for several hours, the damage is irreversible.

Knowing the symptoms of a heart attack, which can be wide-ranging and confusing, is extremely important. So is knowing risk factors, such as obesity, diabetes, high blood pressure and family history.

Typical symptoms of a heart attack include a crushing pain in the chest, sweating, difficulty breathing, weakness and pain in the arms, particularly the left. Symptoms one could attribute to something else can cause devastating delays in seeking treatment. These include feelings of indigestion, back shoulder and neck pain and nausea. Early signs of trouble may appear during physical activity and disappear with rest. Any numbness or tingling of the fingers or toes, dizziness, shortness

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of breath or difficulty in breathing should not be ignored.

Clinical studies, laboratory investigations and a number of surveys show certain personal characteristics and life-styles pointing to increased danger of heart attack. These danger signs are called "risk factors." These well established risk factors are high blood pressure, high blood cholesterol, cigarette smoking and diabetes mellitus.

Attempts at modifying risk factors most certainly have contributed to the declining death rate from heart attacks in the United States.

During the 1960's, U.S. death rates from heart attacks were still rising, but today's figures show that heart attacks have fallen dramatically. And, overall, heart-related problems have declined about 25 percent in the last decade. This decrease undoubtedly is due to better medical care of heart attack victims, but it is likely that a sizable percentage is related to modification of risk factors.

Medical technology is advancing at an increasingly rapid rate. More drugs and medical technology are available than ever before and the entire population is now more aware of the seriousness of heart attacks. There has been an increased interest in learning CPR and many community organizations now offer this valuable training.

Of particular concern by doctors and researchers is the role that the American diet plays in the health of one's heart. Obesity predisposes

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individuals to coronary heart disease. Some of the reasons for this are known, but others are not. The major causes of obesity in Americans are excessive intake of calories and inadequate exercise. When caloric intake is excessive, some of the excess frequently is saturated fat, which further raises the blood cholesterol. Thus, obesity contributes to higher coronary risk in a variety of ways.

Many of the major risk factors for a heart attack are silent and much of the responsibility for their detection lies with each of us as individuals. Regular checkups are particularly necessary if there is a family history of heart attacks of heart disease, high blood pressure, high cholesterol levels or diabetes. others are not.

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Getting A Second Opinion

Getting a second opinion is standard medical practice these days. There are millions of surgical procedures performed in the United States every year and the majority of these operations are necessary for the health and well being of the patient. But, according to recent studies, a percentage of surgeries may be unnecessary.

Many people are now seeking second opinions, especially when it comes to elective surgery procedures. Also some insurance companies are encouraging second opinions for surgical procedures and more people than ever are beginning to take an active role in their health care options.

Based on all of the surgeries performed, one can conclude that overall we have a good system. However, we still hear of horror stories and botched operations from time to time, both in this country and around the world.

A second medical opinion can save you time and money, and it is possible that the condition in

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question can be treated by means other than surgery. Your doctor's approach to treating your condition is influenced by his training, experience, and exposure to new techniques. Getting a second opinion is standard medical practice, and you will find that most physicians welcome second and even third opinions. You can be candid and open with your physician about this as you tell him your feelings and how much more comfortable you'd feel getting another doctor's opinion.

If you decide to get a second medical opinion on a surgical procedure, you may wish to ask your doctor to refer a colleague or specialist. If you'd rather seek out another doctor yourself, you can take the matter up with your local medical society or area medical school.

When you go to a second doctor, tell him or her the name of the recommended surgical procedure and do over the various tests you have already had. This can save you the unnecessary expense of running duplicate medical tests. If the second doctor agrees that the surgery is necessary, he or she will usually send you back to the first doctor.

If you make the decision to have the recommended surgery, there are a number of questions you may like to have answered such as from what medical school did the surgeon graduate, and in what specialty did the surgeon complete an accredited residency program. You might also want to inquire as to how many operations like yours

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the particular surgeon has performed and how many of those patients have required additional surgery.

A good indicator of a surgeon's competence is certification by the American Board of Medical Specialties. The letters F.A.C.S. (Fellow of the American College of Surgeons) after the surgeon's name is another sign of a surgeon's qualifications.

Once you are comfortable with your choice of a surgeon, find out what your options are. Ask about possible risks, complications and side effects, and the length of the recovery period. Talk to others who have had the same procedure. Also, don't forget to check with your insurance company to learn if the surgical procedure is covered under your policy, and if so, whether it is covered as in-patient or out-patient surgery. Remember, you deserve to be informed of all your health care options, especially when it involves a surgical procedure.

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The Dangers Of Household Garbage

Reducing the hazardous waste in America's landfills starts at home. Millions of households are producing billions of pounds of solid waste. Products used every day in our homes leach hazardous chemicals after entering landfills. There are a number of simple steps that average consumer can take to limit the damage that many of these toxic materials are doing to the environment.

The garbage situation has become a big concern in cities all around the country and not only is this a political issue, but it is also a problem that has caught the attention of the general population. We all realize there is a growing problem but nobody likes to admit that their garbage is contributing to the problem.

Many municipalities have already started a recycling program to deal with the growing mountains of paper, plastic, glass, etc. Although it takes a bit of effort on the part of the public to sort and separate their garbage, people are now beginning

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to realize that the future of our environment is at stake.

One household product that is causing a problem these days is throwaway batteries. Each year, Americans throw away 84.000 tons of alkaline batteries. These AA, C and D cells that power electronic toys and games, portable audio equipment and a wide range of other gadgets comprise 20% of the household hazardous materials present around the country in America's landfills.

When a battery in one of the products we use fails, we simply run out and buy a replacement. The dead battery ends up in the garbage and no one thinks about where it goes and what happens to it after the garbage is picked up.

Sealed inside these alkaline cells are harmful materials which are not encountered by consumers during normal use. However, when the batteries enter a landfill, the casings can be crushed, or can easily degrade, which causes mercury and other toxins to leach into the environment.

The problem of batteries in landfills is one of the easiest to solve. Using rechargeable power can significantly reduce the number of batteries which end up in landfills. Rechargeable batteries can be used again and again, up to 1,000 times. One rechargeable cell can replace up to 300 throwaway batteries, keeping the landfill free not only from the batteries themselves, but also from the paper and plastic materials that are used to package them.

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There are a number of manufacturers in the country today who deal in rechargeable products and some of them have a number of programs already in place to ensure that rechargeable batteries never enter a landfill at all. For example, one of the largest manufacturers of rechargeable products is now offering a lifetime replacement guarantee on all round cells. If the product ever fails to accept or hold a charge, the company will promptly replace it and recycle the used cell.

If you have an environmental agency in your area, you might like to work on this issue with them, or perhaps they already have a program set up to dispose of used batteries. As a concerned citizen, your suggestions and input will be invaluable to them as they attempt to come up with some solutions.

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The Positive Weight Loss Approach

Once you have made up your mind to lose weight, you should make that commitment and go into it with a positive attitude. We all know that losing weight can be quite a challenge. In fact, for some, it can be downright tough. It takes time, practice and support to change lifetime habits. But it's a process you must learn in order to succeed. You and you alone are the one who has the power to lose unwanted pounds.

Think like a winner, and not a loser - - remember that emotions are like muscles and the ones you use most grow the strongest. If you always look at the negative side of things, you'll become a downbeat, pessimistic person. Even slightly negative thoughts have a greater impact on you and last longer than powerful positive thoughts.

Negative thinking doesn't do you any good, it just holds you back from accomplishing the things you want to do. When a negative thought

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creeps into your mind, replace it reminding yourself that you're somebody, you have self-worth and you possess unique strengths and talents.

Contemplate what lies ahead of you. Losing weight is not just about diets. It's about a whole new you and the possibility of creating a new life for yourself. Investigate the weight loss programs that appeal to you and that you feel will teach you the behavioral skills you need to stick with throughout the weight-loss process.

First you should look for support among family and friends. It can be an enormous help to discuss obstacles and share skills and tactics with others on the same path. You might look for this support from others you know who are in weight loss programs and you can seek guidance from someone you know who has lost weight and kept it off.

There are success stories across the country today. On television and in newspapers, magazines and tabloids about people who have miraculously lost untold pounds and kept it off. In all instances they say their mental attitude as well as their outlook on life has totally changed.

Diets and weight loss programs are more flexible now than they once were and there are many prepared foods already portioned out. They are made attractive and can be prepared in a matter of minutes. Low-fat and low-calorie foods are on shelves everywhere.

You will probably need to learn new, wiser eating skills. You will want a weight loss regimen

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that gives you some control, rather than imposing one rigid system. Look for one that offers a variety of different eating plans, so you can choose the one that's best for you.

Keep in mind, too, that your weight loss program will most likely include some physical exercises. Look at the exercising aspect of your program as fun and recreation and not as a form of grueling and sweaty work. The fact is that physical fitness is linked inseparable to all personal effectiveness in every field. Anyone willing to take the few simple steps that lie between them and fitness will shortly begin to feel better, and the improvement will reflect itself in every facet of their existence.

Doctors now say that walking is one of the best exercises. It helps the total circulation of blood throughout the body, and thus has a direct effect on your overall feeling of health. There are things such as aerobics, jogging, swimming and many other exercises which will benefit a weight loss program. Discuss the options with your doctor and take his advice in planning your exercise and weight loss program.

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Lead Can Be Dangerous

Lead has long been recognized as a harmful environmental pollutant. There are many ways in which humans are exposed to lead and most of the time we may not even be aware of it. Airborne lead enters the body when an individual breathes in lead particles or swallows some lead dust. Until recently, the most important airborne source of lead was automobile exhaust. Since 1975, there has been a 95 percent reduction in the use of lead in gasoline due to the Environmental Protection Agency's Phasedown Program and the replacement of older cars with newer cars that require the use of unleaded gasoline.

Seeking out sources of lead in the household and surrounding areas can be crucial in safeguarding your family members, especially children and pets. It has now been determined that the effects from lead paint, household dust, lead crystal and some imported pottery.

Children are considered to be at the greatest risk of exposure because they have such intimate contact with the environment. Their faster metabolism causes them to eat more for their body weight and to breathe faster.

Children also tend to play and breathe closer to the ground where lead dust concentrates. They are also likely to put their hands in their mouths, which can bring lead just directly into their bodies.

Parents can take several steps to help pro-

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tect their children from the effects of lead within the home environment. Cover peeling or exposed paint with wood paneling or vinyl wallpaper. Stripping off the paint will release more lead into the environment, and a new coat of paint can itself peel, re-exposing the paint beneath it.

Also, lead and lead salts are toxic to pets. Pets are naturally curious and are prone to claw, scratch and pick at peeling materials. To minimize the risk to your pet, watch what they pick up in their mouths! These toxic lead salts can be found in such common things as insecticides and linoleum.

Be careful when doing any kind of remodeling such as removing old paint, replacing linoleum on floors, counters, etc. Keep pets and children away from work sites and building materials. Properly dispose of any leaded materials and remove them promptly from the premises. Know the possible signs of lead poisoning, vomiting, diarrhea, abdominal pain, lack of appetite, irritability, listlessness, hysteria or convulsions. When a pet shows gastrointestinal as well as neurological symptoms, lead poisoning could be the culprit and you should contact the vet as soon as possible.

Many water mains are still made of lead, so household water should be tested for lead content. If lead is present in the water, allow it to run for a few minutes before using it. Use cold or bottled water to prepare foods or infant's formula because hot water tends to leech more lead. Iron deficiency anemia is a common problem among one and two

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year olds that predisposes them to eating nonfood substances and causes them to absorb more of the lead taken into their bodies.

If lead exposure is suspected, consult your health department about appropriate removal and clean-up procedures. Also, people who may have been exposed to lead or lead dust recently should have the lead levels in their blood tested by their doctor or local health department.

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Facts About Alzheimer's Disease

“Alzheimer's Disease” is the term used to describe a dementing disorder marked by certain brain changes, regardless of the age of onset. Alzheimer's disease is not a normal part of aging — and it is not something that inevitable happens in later life. Rather, it is one of the dementing disorders, a group of brain diseases that lead to the loss of mental and physical functions. The disorder, whole cause is unknown, affects a small but significant percentage of older Americans. A very small minority of alzheimer's patients are under 50 years of age. However, most are over 65.

Alzheimer's disease is the exception, rather than the rule, in old age. Only 5 to 6 percent of older people are afflicted by alzheimer's disease or a related dementia - - but this means approximately 3 to 4 million Americans have one of these debilitating disorders. Research indicates that 1 percent of the population aged 65-75 has severe dementia, increasing to 7 percent of those aged

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75-85 and to 25 percent of those 85 or older. As out population ages and the number of alzheimer's patients increases, costs of care will rise as well.

Although Alzheimer's disease is not yet curable or reversible, there are ways to alleviate symptoms and suffering and to assist families. And not every person with this illness must necessarily move to a nursing home. Many thousands of patients - - especially those in the early stages of the disease - - are cared for by their families in the community. Indeed, one of the most important aspects of medical management is family education and family support services. When, or whether, to transfer a patient to a nursing home is a decision to be carefully considered by the family.

The onset of Alzheimer's disease is usually very slow and gradual, seldom occurring before age 65. Over time, however, it follows a progressively more serious course. Among the symptoms that typically develop, none is unique to Alzheimer's disease at its various stages. It is therefore essential for suspicious changes to be thoroughly evaluated before they become inappropriately or negligently labeled Alzheimer's disease.

Problems of memory, particularly recent or short-term memory, are common early in the course of the disease. For example, the individual may, on repeated occasions, forget to turn off the iron or may not recall which of the morning's medicines were taken. Mild personality changes, such as less spontaneity or a sense of apathy and a ten-

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dency to withdraw from social interactions, may occur early in the illness. As the disease progresses, problems in abstract thinking or in intellectual functioning develop. You may notice the individual beginning to have trouble with figures when working on bills, with understanding what is being read, or with organizing the days work. Further disturbances in behavior and appearance may also be seen at this point, such as agitation, irritability, quarrelsomeness, and diminishing ability to dress appropriately.

The average course of the disease from the time it is recognized to death is about 6 to 8 years, but it may range from under 2 years to over 20 years. Those who develop the disorder later in life may die from other illnesses (such as heart disease) before Alzheimer's disease reaches its final and most serious stage.

The reaction of an individual to the illness and the way he or she copes with it also varies and may depend on such factors as lifelong personality patterns and the nature and severity of the stress in the immediate environment.

As research on Alzheimer's disease continues, scientists are now describing other abnormal chemical changes associated with the disease. These include nerve cell degeneration in certain areas of the brain. Also, defects in certain blood vessels supplying blood to the brain have been studied as a possible contributing factor.

There is no way at the present time to deter-

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mine who may get Alzheimer's disease. The main risk factor for the disease is increased age. The rates of the disease increase markedly with advancing age, with 25 percent of people over 85 suffering from Alzheimer's or other severe dementia.

Other things often noticeable may be depression, severe uneasiness, and paranoia or delusions that accompany or result from the disease, but they can often be alleviated by appropriate treatments.

Alzheimer's disease has emerged as one of the great mysteries in modern day medicine, with a growing number of clues but still no answers as to its cause. Researchers have come up with a number of theories about the cause of this disease but so far the mystery remains unresolved.

Because of the many other disorders that are often confused with Alzheimer's disease, a comprehensive clinical evaluation is essential to arrive at a correct diagnosis of any symptoms that look similar to those of Alzheimer's disease. In most cases, the family physician can be consulted about the best way to get the necessary examinations.

Stress on the family can take a toll on both the patient and the caregiver alike. Caregivers are usually family members - - either spouses or children - - and usually wives and daughters. As time passes and the burden mounts, it not only places the mental health of family caregivers at risk. It also diminishes their ability to provide care to the

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diseased patient. Hence, assistance to the family as a whole must be considered.

As the disease progresses, families experience increasing anxiety and pain at seeing unsettling changes in a loved one, and they commonly feel guilt over not being able to do enough. The prevalence of reactive depression among family members in this situation is disturbingly high - - caregivers are chronically stressed and are much more likely to suffer from depression than the average person. If caregivers have been forced to retire from positions outside the home. They feel progressively more isolated and no longer productive members of society.

The likelihood, intensity, and duration of depression among caregivers can all be lowered through available interventions. For example, to the extent that family members can offer emotional support to each other and perhaps seek professional consultation, they will be better prepared to help their loved one manage the illness and to recognize the limits of what they themselves can reasonably do.

Though Alzheimer's disease cannot at present be cured, reversed, or stopped in its progression, much can be done to help both the patient and the family live through the course of the illness with greater dignity and less discomfort. Toward this goal, appropriate clinical interventions and community services should be vigorously sought.

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While Alzheimer's disease remains a mystery, with its cause and cure not yet found, there is considerable excitement and hope about new findings that are unfolding in numerous research settings.

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Social Security Information

What is Social Security?

Social Security is a social insurance program that provides old-age benefits for retirees and their survivors, disability insurance for workers and survivor benefits for dependents. It is called an entitlement because congress has set eligibility criteria and if you meet the criteria, you are entitled to the benefits.

As social insurance, the system does more than provide a base of income for the retired worker; it consciously redistributes wealth to adjust for other inequities in society and also provides financial relief to many who might otherwise have to provide full support to aging or disable relatives.

How is Social Security financed?

Social Security is financed by matching contributions from employers and employees. Employees currently pay 6.2 percent of their earnings, up to a maximum of \$57,600 into two separate trust funds - - 5.6 percent goes into the Old Age and

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Survivors Insurance (OASI) fund and 0.6 percent is funneled into the Disability Insurance Fund. Employers match this amount.

Hardly a day goes by that people getting Social Security aren't told by some so-called expert that their benefits are gradually driving the federal deficit and pushing America into a deep hole.

The nation's crushing debt burden will not ease, these thinkers insist, until our lawmakers confront, and then tame, America's highly visible entitlement programs, and by entitlements they make it clear they include Social Security.

Social Security does many things. For the poorest and most vulnerable elderly, it is their primary source of income. For many families facing hardship following a death, disability or unanticipated retirement, the program lightens their burden. Social Security also protects nine out of ten workers and their families and provides benefits each month to more than three million children.

But there is one thing Social Security doesn't do. It does not contribute to the continued growth of the federal budget deficit. Social Security is totally self-funded, and its growing reserves - another \$60 billion this year - provide a stable financial base for current and future retirees. Based on this up-to-date information we can put to rest any rumors about the Social Security system going broke.

Some groups, many claiming to represent

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younger Americans, blame Social Security and older people for the growing federal deficit. Not only is their argument false and irresponsible, it is actually irrelevant to the debate. Older Americans know that the fiscal and social deficits need to be addressed but tinkering with Social Security is a touchy situation and definitely not the way to ease the burden.

Everyone should be aware of the fact that information on Social Security is readily available. Dial (800) 772-1213 to reach a representative who can answer most questions.

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Walking And Weight Loss

Three universal goals most of us share are: to live longer, to live free of illness and to control our weight. Interesting enough, normal walking lets us achieve all three.

In fact, walking may be man's best medicine for slowing the aging process. First, it works almost every muscle in the body, improving circulation to the joints and massaging the blood vessels (keeping them more elastic). Walking also helps us maintain both our muscle mass and metabolism as we age. It also keeps us young in spirit. For anyone out of shape or unathletically inclined, walking is the no-stress, no-sweat answer to life-long conditioning.

All it takes is a little time, common sense and a few guidelines. Unfortunately, there's a lot of misinformation floating around regarding fitness walking, weight-loss and dieting.

Walking is one of the best exercise for strengthening bones, controlling weight, toning

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the leg muscles, maintaining good posture and improving positive self-concept.

People who diet without exercising often get fatter with time. Although your weight may initially drop while dieting, such weight loss consists mostly of water and muscle. When the weight returns, it comes back as fat. To avoid getting fatter over time, increase your metabolism by exercising daily.

To lose weight, it's more important to walk for time than speed. Walking at a moderate pace yields longer workouts with less soreness -- leading to more miles and more calories spent on a regular basis.

High-intensity walks on alternate days help condition one's system. But in a waking, weight-loss program, it's better to be active every day. This doesn't require walking an hour every day. The key is leading an active life-style 365 days a year.

When it comes to good health and weight loss, exercise and diet are interrelated. Exercising without maintaining a balanced diet is no more beneficial than dieting while remaining inactive.

The national research council recommends eating five or more servings of fruits and vegetables a day. Fruits and vegetables are the ideal diet foods for several reasons. They're relatively low in fat and calories, yet are often high in fiber and rich in essential vitamins and minerals.

Remember that rapid weight-loss consists

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mostly of water and muscle - - the wrong kind of weight to lose. To avoid this, set more reasonable goals, such as one pound per week.

Carbohydrates are high-octane fuel. They provide energy for movement and help raise internal body metabolism. They're also satisfying. The key is not adding high-fat toppings to your carbohydrates.

It's everyday habits which define our weight and body composition. A three-minute walk after each meal is worth four pounds less body fat annually. Two flights of stairs a day burns off half a pound of body fat in a year. On the other hand, one candy bar eaten daily will cost you 20 pounds annually.require walking an hour every day.

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Alcohol And Society Today

There has been a lot of discussion in the last few years about the continuing problem of alcohol and the effect it has on society. Should we treat alcohol as if it were an illicit drug?

Some of the promoters of harsh restrictions on the sale and marketing of certain alcoholic beverages (restrictions such as advertising bans and higher taxes) have justified their proposals with the erroneous assertion that alcohol is no different than illegal drugs. There have even been stories in some of the media attempting to equate alcohol with the use and/or abuse of illegal substances such as marijuana, crack, cocaine and heroin.

We will first mention as a matter of information that alcoholic beverages have been a part of western civilization for more than 25 centuries. Now we know there will always be people among us who drink. America has already tried prohibition and learned conclusively that it does not work. The simple fact is that many Americans like to drink

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and the vast majority of those who do, drink responsibly, thus, the public policy challenge we face today is not to stigmatize all drinking as bad but to maximize the probability that those who choose to drink will do so in a responsible manner.

It's a fact that excessive drinking can seriously damage one's health. Those who claim that "alcohol is a drug" want that word to carry a particular, threatening connotation. In reality, however, "drug" is an ethically, legally and physiologically neutral term that encompasses a wide spectrum of substances.

According to a well-known medical textbook of pharmacology, a drug is any chemical agency that affects living processes. A drug can be as menacing as cocaine, as benign as sucrose or as helpful as vitamin C. In a societal sense, some drugs relieve pain and assist in the healing process. Others are safely and legally enjoyed by millions of people very day, even though overuse can result in undesirable side effects. And Some drugs are so terribly addictive that simply experimenting with them carries substantial risk.

Recent studies show that excess alcohol consumption can lead to a number of serious health problems, and of course there is the problem of addiction which must be taken into consideration. Who among us hasn't been exposed to a friend or relative with a severe drinking problem. Many of societies' problems today such as spouse abuse,

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child abuse and dysfunctional family relationships can be traced to drinking problems.

Alcohol may lead to liver problems, a variety of cancers as well as forms of osteoporosis and depression, and studies are showing, too, that women are more susceptible to the ill effects of alcohol than are men. From this information, it is safe to conclude that anything which has this type of effect on one's general health, is going to affect the entire system. And research has shown that alcohol depletes the body of it's necessary vitamins and minerals.

"Social drinking" seems to be an accepted practice these days and the arguments both pro and con will always be with us. It is our hope that as you read and consider this information you will become more aware of the effect that alcohol has on society today.

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Live A Longer And Healthier Life

You should balance your activities with the proper amount of rest. Some of the leading experts in the field of aging now believe that regular exercise along with the proper amount of rest may actually add years to the life span. Results from a number of tests indicate that speed and muscular strength of many of the elderly can be extended.

Leading authorities agree that this new data is going to shatter many of the myths about aging and physical performance. The conclusion now is that the performance and ability of the elderly has long been underestimated, diet, proper sleep and exercise along with rest and relaxation are all important factors in preserving our bodies.

Laughter is one of the best things for your mental and physical state. People are naturally attracted to someone who has a good sense of humor. You can develop a good outlook and a good sense of humor by associating with and surrounding yourself with pleasant happy people.

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Recognize that stress is a killer. A life filled with stress can really wreak havoc on your body causing a number of illnesses such as heart attacks, strokes, asthma, gastric problems, menstrual disorders, ulcerative colitis, angina, irritable colon, increased blood pressure, ulcers, headaches, etc.

There are different types of stress such as mental, emotional and physical. Emotional stress seems to take the greatest toll on everyone. All stress is not bad; in fact, life would not be very interesting if it were not met with challenges. However, too much stress, too often with no effective and appropriate outlet, does not allow the body and soul to recuperate. You might review a typical week to see if you can identify things that might be making you anxious or causing you stress. Once identified, stressors can be attacked and eliminated.

Are you a worrier? Chronic worriers don't have more serious problems than others - they just think they do. Many worriers try to cope by trying not to think about their problems, but this just makes things worse. Doctors say that chronic worriers feel less anxious if they actually spend a half-hour a day thinking specifically about their problems.

Get plenty of exercise. People who are physically fit look good and feel good. A good exercise regimen will lengthen your life. Improve your appearance, build self confidence and help delay the aging process.

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Remember that you need to do something physical every day. If you don't use your joints, quite simply they'll tighten up with age to create the stooped, bent and worn out appearance we so often associate with old age. Studies have shown that people with arthritis experience less pain if they continue to keep their joints flexible. As one gets older, the bones tend to get brittle which is why it is common for senior citizens to break bones and especially their hips when they fall.

Eating right, getting proper sleep and learning to relax are all very valuable in maintaining a healthy body and mind. And keep in mind that eating healthy foods and avoiding those high in fats, sodium and cholesterol will help to decrease your risk of heart disease, high blood pressure and associated problems.

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You Can Have Healthy Skin

With new research, new products and new skin protection advice popping up all the time, it is hard to figure out the best things to do to improve and protect your skin.

A skin care program is the combination of skin care products and a routine that will be most beneficial to the skin. You will first need to consider your diet and type of life-style since these two factors play an important role in the health of a person's skin.

These days we seem to be living in the fast-food age and the condition of your skin is often neglected. You still can't beat the old fruit and vegetable diet when it comes to good health and a good complexion.

Remember to feed and nourish your skin by eating the proper foods. Give your skin a drink too. Those eight glasses of water a day your mom always told you to be sure to drink are essential to maintaining your skin's elasticity and suppleness,

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say experts. And don't count coffee or any of the caffeinated sodas as part of the eight glasses because caffeine is dehydrating. The water you choose can be sparkling water, mineral or straight from the tap. Another suggestion is that you keep a liter-size bottle close at hand, or simply drink a glass or two with your meals, and a few in between.

You need to give some thought and consideration to the type of makeup you use. And be sure to clean your tools regularly. Things such as cosmetic brushes get dirty and can carry bacteria and germs and may cause skin irritations and breaking out. One of the leading cosmetic authorities suggests that cosmetic brushes be thoroughly cleaned at least twice a month. A good way is to soak brushes for about 10 minutes in a dish of warm, soapy water using mild liquid detergent or baby shampoo. Rinse and blot excess moisture with a towel and stand the brushes, handle end down, in a tall glass until they are thoroughly dry.

Keep environmental pollutants from being absorbed into the skin with a good moisturizer that also acts as a skin barrier. Check the labels for those with added Vitamin A, C and E, which help block the penetration of pollutants.

A good exercise program such as aerobics can activate and rejuvenate the skin and improve circulation and blood flow. Also, body sweat triggers production of sebum, which is the skin's own natural moisturizer.

One skin care expert has come up with a do-

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it-yourself version of a treatment you may like to try. Stir the juice of half a lemon into one cup of plain yogurt. Keep it in the refrigerator and apply it as you would a cream every night before bed. You can even apply a thin coat of moisturizer over it if you like, after waiting about five minutes for the yogurt mixture to penetrate. With consistent use, you should see more even pigmentation and smoother skin in three to four weeks.

Get serious about stress reduction. Skin conditions such as acne appear on many people who are stressed out, and chronic skin conditions then to get worse. Set aside quiet time to meditate or daydream. Be sure to get enough sleep. To avoid morning eye or facial puffiness, sleep on your back so fluid doesn't collect there. And, you can keep the oil from your hair away from your face by wearing a head covering or a soft headband when you go to bed. And keep in mind that too much stress can affect your overall health as well as your complexion. sk to get down to the essential things.

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Coronary Heart Disease

Clinical studies, laboratory investigations and a number of surveys show certain personal characteristics and life-styles pointing to increased danger of heart attack (coronary heart disease). These danger signs are called "risk factors". The well established risk factors are high blood pressure, high blood cholesterol, cigarette smoking and diabetes mellitus. Other factors that may increase or affect the risk for heart attack are obesity, a sedentary life-style, an aggressive response to stress, and certain drugs.

In the past two decades, millions of Americans have learned about these risk factors and have tried to modify them favorable by seeking medical attention and by changing life-style. Many adults have stopped smoking. The medical control of high blood pressure has greatly improved. The average cholesterol level of the population has decreased continually over the last two decades, probably due to changes in dietary habits and in-

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creased exercise.

This attempt to modify risk factors almost certainly has contributed to the declining death rate from heart disease in the United States. During the 1960's, U.S. death rates from heart disease were still rising, but today the incidence from diseases of the cardiovascular system (including coronary heart disease) has fallen dramatically. Overall, heart-related problems have declined about 25 percent in the last decade. Some of this decrease undoubtedly is due to better medical care of heart attack victims, but it is likely that a sizable percentage is related to modification of risk factors.

The entire population has become more aware of the seriousness of heart disease and coronary heart problems. CPR training is offered in schools, places of business, and church and community functions, and everyone seems to recognize that prevention of coronary heart disease is a partnership between the public and the medical community.

These are a number of factors implicated in coronary heart disease. Some of these may raise coronary risk by accentuating the major risk factors already discussed. Others may act in ways not understood. Still others may be linked mistakenly to coronary risk.

Obesity predisposes individuals to coronary heart disease. Some of the reasons for this are known, but others are not. The major causes of

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obesity in Americans are excessive intake of calories and inadequate exercise. When caloric intake is excessive, some of the excess frequently is saturated fat, which further raises the blood cholesterol. Thus, obesity contributes to higher coronary risk in a variety of ways.

Most of the major risk factors are silent. They must be sought actively, and much of the responsibility for their detection lies with each of us as individuals. Regular checkups are particularly necessary if there is a family history of heart disease, high blood pressure, high cholesterol levels or diabetes.

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Aids And Drug Abuse

The two groups at greatest risk for AIDS are homosexual or bisexual men and people who shoot drugs. People who use needles to inject drugs (including mainliners and skin poppers) get the virus by sharing their works with other users who already have the AIDS virus in their blood.

You can't always tell who is infected with the AIDS virus. Most people actually carrying the virus don't look any different than anybody else, they look and feel well, but they can still spread the disease. Symptoms of AIDS may not show up for many years and some remain without symptoms even then. Thousands of IV drug abusers already have AIDS, and many thousands more are carriers of the virus.

Acquired Immune Deficiency Syndrome (AIDS) is a serious condition that affects the body's ability to fight off infection. A diagnosis of AIDS is made when a person develops some form of life-threatening illness not usually found in a person

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with a normal ability to fight infection. To date more than fifty percent of all the persons with AIDS have died.

Shooting drugs has now been determined to be one of the biggest problems facing America today. While the homosexual community has put on a media campaign alerting and educating the public about the dangers of AIDS, nothing is being done to stop the widespread sharing of needles among drug users.

Remember, if you shoot drugs, you are in danger of catching AIDS. The best advice for protecting yourself and people you love is to stop shooting drugs. It is also important to note that women who shoot drugs or who live with men who shoot drugs sometimes gives AIDS to their babies, either before or shortly after birth. Babies born with AIDS become ill very quickly.

Most individuals infected with the AIDS virus have no symptoms and feel well for a long time before eventually developing such symptoms as fever and night sweats, weight loss, swollen lymph glands in the neck, the underarms and groin area, severe fatigue or tiredness, diarrhea, white spots or unusual blemishes in the mouth. These symptoms are also symptoms of a number of other illnesses and that should be taken into consideration. Anyone with any of these symptoms for more than two weeks should not panic but should consult their doctor. The AIDS virus is not spread through normal daily contact at work, school or home.

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There have been no cases found where the virus has been transmitted by casual contact with AIDS patients in the home, workplace, or health care setting.

There is an antibody test that detects antibodies to the AIDS virus that causes the disease. The body produces antibodies that try to get rid of bacteria, viruses, or anything else that is not supposed to be in the bloodstream. The test may show if someone has been infected with the AIDS virus. While the testing procedure is considered accurate, it does not tell who will develop full-blown AIDS.

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Ulcers Are No Laughing Matter

Peptic ulcers, which are in the stomach and the duodenum (the first part of the intestine leading from the stomach) can occur at any age and affect both men and women. Untreated, sufferers can look forward to a long siege with them. But today's peptic ulcer sufferers have a brighter prospect for relief than did those of even a single generation ago. There is now less than 1 chance in 18 that surgery will every be necessary and new medications act faster and better and offer more relief than ever before.

The warning sign of active ulcers you will most likely experience (if you get any warning at all) is a gnawing discomfort in the middle or upper abdomen that typically comes between meals or in the middle of the night. Food or liquids, including antacids and milk, can provide some temporary relief, but milk might not be all that good a remedy since it stimulates production of hydrochloric acid and other digestive juices which fur-

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ther aggravates the pain.

Antacids blended from aluminum, calcium or magnesium salts, have long been the non prescription drugs most people quickly reach for to get relief from their stomach pains. But, because antacids interfere with absorption of some medications, be sure to go over this with your doctor and get his approval.

You should never ignore any warning signs of ulcers. Ulcer complications are serious and in some cases can be life-threatening. If pain from ulcers persists after more than 10 to 14 days of self-treatment or comes back when treatment ends, you should see your doctor. The passing of blood through the bowels may be caused by some other problem, but it can also be an urgent warning of a bleeding ulcer.

Bleeding ulcers can cause anemia or, if the ulcer gets larger it may expand into a major blood vessel, a leak can turn into a hemorrhage, with only minutes available for life saving emergency treatment. Ulcers can also perforate and may erode completely through the wall of the stomach or duodenum. If this happens and the stomach's contents flow into the abdominal cavity, severe infection can result. A perforated ulcer is an emergency that requires immediate surgery.

It has been determined that smoking doubles a person's risk for ulcer disease. Physicians and researchers have found that ulcers heal a lot slower for smokers, and smokers also have a

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higher relapse rate.

And you're definitely at risk for ulcers if you take aspirin and any of the other products containing aspirin. High-dose Aspirin, Ibuprofen, Maproxen and Piroxicam are in wide use today for many conditions, especially to relieve pain and swelling among the millions of people who have arthritis. These medications can irritate the stomach's lining and cause gastrointestinal bleeding.

Ulcers have frequently been the target for humor in describing the stereotypical aggressive, pressured, goal-or-career-oriented person. But for those who have them, ulcers are certainly no laughing matter. Peptic ulcers strike 1 out of every 50 Americans each year.

As research continues, there is now mounting evidence that something other than smoking, drinking, spicy meals, or a possible battle with the boss may be associated with ulcers. It is now believed that ulcers are the result of a combination of conditions, the dynamics of which researchers don't yet fully understand.

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Exercise Melts Body Fat

If you want to reduce your body fat, focus on increasing the amount of exercise you get rather than decreasing your food intake. A recent national study was done using two groups of sedentary men, one group in their 20's and the other over age 65. A lot was learned from this accumulated data and it is interesting to note that there was a significant relationship between lack of physical activity and fat. Not surprisingly, the most sedentary men had the most body fat.

These studies have also indicated that the governments current recommended daily allowance for calories does not correlate with the body's actual energy needs. For example, although 2400 calories have been calculated for older men, they in fact burned an average of 2800 calories daily.

The leading experts now recommend that people who want to lose weight start increasing their physical activity. Just being more active in general (such as climbing the stairs instead of tak-

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ing the elevator, moving around instead of sitting still, sitting up instead of lying down as well as showing some excitement and enthusiasm instead of boredom), are things that more effectively burns calories and reduces body fat. Everyone seems to have lost sight of the value of being active. Consider this, a half-hour aerobic workout accounts for far less energy expenditure than our minute-to-minute movement in the office or at home.

Millions of Americans are trying to lose weight, spending approximately \$30 billion a year on diet programs and products, often they do lose some weight. But, if you check with the same people five years later, you will find that nearly all have regained whatever weight they lost. A national panel recently sought data to determine if any commercial diet program could prove long-term success. Not a single program could do so.

Being seriously overweight and particularly obesity predisposes individuals to a number of diseases and serious health problems, and it's now a known fact that when caloric intake is excessive, some of the excess frequently is saturated fat.

People who diet without exercising often get fatter with time. Although your weight may initially drop while dieting, such weight loss consists mostly of water and muscle. When the weight returns, it comes back as fat. To avoid getting fatter over time, increase your metabolism by exercising regularly.

Walking is one of the best exercises for

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strengthening bones, controlling weight, toning the leg muscles, maintaining good posture and improving positive self-concept.

To lose weight, it's more important to walk for time than speed. Walking at a moderate pace yields longer workouts with less soreness - leading to more miles and more fat worked off on a regular basis. High intensity walks on alternate days help condition one's system. But in a walking, weight-loss program, you are not required to walk an hour every day as some people would have you believe.

When it comes to good health and weight loss, exercise and diet are inter-related. Exercising without maintaining a balanced diet is no more beneficial than dieting while remaining inactive.

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Where Diets Go Wrong

When we discover that we are heavier than we want to be, we have a natural inclination to eat less food. We may skip lunch or eat only a tiny amount of our dinner in the hope that if we eat less our body will burn off some of its fat. But that is not necessarily true. Eating less actually makes it more difficult to lose weight.

Keep in mind that the human body took shape millions of years ago, and at that time there were diets. The only low-calorie event in people's lives was starvation. Those who could cope with a temporary lack of food were the ones who survived. Our bodies, therefore, have developed this built-in mechanism to help us survive in the face of low food intake.

When researchers compare overweight and thin people, they find that they eat roughly the same number of calories. What makes overweight people different is the amount of fat that they eat. Thin people tend to eat less fat and more complex

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carbohydrates.

Losing weight is not something one can do overnight. A carefully planned weight loss program requires common sense and certain guidelines. Unfortunately, there's a lot of misinformation floating around and lots of desperate people are easily duped and ripped off.

Every day one can open a magazine or newspaper and see advertisements touting some new product, pill or patch that will take excess weight off quickly. Everyone seems to be looking for that "magic" weight loss pill. Millions of Americans are trying to lose weight, spending billions of dollars every year on diet programs and products. Often they do lose some weight. But, if you check with the same people five years later, you will find that nearly all have regained whatever weight they lost.

A survey was done recently to try and determine if any commercial diet program could prove long-term success. Not a single program could do so. So rampant has the so-called diet industry become with new products and false claims that the FDA has now stepped in and started clamping down.

Being seriously overweight and particularly obesity can develop into a number of diseases and serious health problems, and it is now a known fact that when caloric intake is excessive, some of the excess frequently is saturated fat.

The myth is that people get heavy by eating

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too many calories. Calories are a consideration it's true, but overall they are not the cause of obesity in America today. Americans actually take in fewer calories each day than they did at the beginning of the century. If calories alone were the reason we become overweight, we should all be thin. But we are not. Collectively, we are heavier than ever. Partly, it is because we are more sedentary now. But equally, as important is the fact that the fat content of the American diet has changed dramatically.

People who diet without exercising often get fatter with time. Although your weight may initially drop while dieting, such weight loss consists mostly of water and muscle. When the weight returns, it comes back as fat. To avoid getting fatter over time, increase your metabolism by exercising regularly.

Select an exercise routine that you are comfortable with and remember that walking is one of the best and easiest exercises for strengthening your bones, controlling your weight and toning your muscles.

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Handy First Aid Tips

When someone is injured or suddenly becomes ill, there is usually a critical period before you can get medical treatment and it is this period that is of the utmost importance to the victim. What you do, or what you don't do, in that interval can mean the difference between life and death. You owe it to yourself, your family and your neighbors to know and to understand procedures that you can apply quickly and intelligently in an emergency.

Every household should have some type of first aid kit, and if you do not already have one, assemble your supplies now. Tailor the contents to fit your family's particular needs. Don't add first aid supplies to the jumble of toothpaste and cosmetics in the medicine cabinet. Instead, assemble them in a suitable, labeled box (such as a fishing tackle box or small tool chest with hinged cover), so that everything will be handy when needed. Label everything in the kit clearly, and indicate what it is used for.

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Be sure not to lock the box - otherwise you may be hunting for the key when that emergency occurs. Place the box on a shelf beyond the reach of small children, and check it periodically and always restock items as soon as they are used up.

Keep all medications, including non-prescription drugs such as aspirin, out of reach of children. When discarding drugs, be sure to dispose of them where they cannot be retrieved by children or pets.

When an emergency occurs, make sure the injured victim's airway is not blocked by the tongue and that the mouth is free of any secretions and foreign objects. It is extremely important that the person is breathing freely. And if not, you need to administer artificial respiration promptly.

See that the victim has a pulse and good blood circulation as you check for signs of bleeding. Act fast if the victim is bleeding severely or if he has swallowed poison or if his heart or breathing has stopped. Remember every second counts.

Although most injured persons can be safely moved, it is vitally important not to move a person with serious neck or back injuries unless you have to save him from further danger. Keep the patient lying down and quiet. If he has vomited and there is no danger that his neck is broken, turn him on his side to prevent choking and keep him warm by covering him with blankets or coats.

Have someone call for medical assistance while you apply first aid. The person who sum-

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mons help should explain the nature of the emergency and ask what should be done pending the arrival of the ambulance. Reassure the victim, and try to remain calm yourself. Your calmness can allay the fear and panic of the patient.

Don't give fluids to an unconscious or semi-conscious person; fluids may enter his windpipe and cause suffocation. Don't try to arouse an unconscious person by slapping or shaking.

Look for an emergency medical identification card or an emblematic device that the victim may be wearing to alert you to any health problems, allergies or diseases that may require special care.

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How To Beat Depression!

Here's the story of a small, almost successful mail order entrepreneur, and how he overcomes the blues that comes with his way of conducting business:

What an adrenalin rush! Last week when I visited the post office my post office box was overflowing with orders. One day, I had to get a plastic container just to carry the mail home. At the end of the week, I had made about \$1,200 in orders!

Unfortunately, I spent money to stock up on inventory. I anticipated receiving the same type of business the next week to make up for any overspending I had done this week. That did not happen.

The next week brought in a total of \$150 in orders _ and the week after that brought in only \$10! After that, depression set in. I kept saying "What will I do now? I spent the \$1,200 and only have \$80 to my name. Rent will be due in a couple weeks and I'm flat broke - simply because I let

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money go to my head because I was temporarily “rich.”

This is one example of how a business works sometimes and it's important to not take everything for granted. As employees of other companies, we were use to the fact of receiving a paycheck every week. Whether we worked hard or not, our paycheck was always the same and always on time. All we had to do was put in our 8-hours, 5-days a week.

Also, we were not used to spending any money to fill orders. If we needed to mail something, we sent it to the mail room or ran it through the postage meter. As employees, we didn't pay for the postage out of our own pockets. Our employer took care of it. That also goes for supplies. If we ran out of paper for our typewriter, we went to the supply cabinet and got a pack out. We never worried about spending our own money to pay for office supplies.

But when you own and operate your own business money is hard to come by especially the first few years. You generate your own income! So instead of thinking about riches and glory _ think about improving upon what you already have. If you have a \$1,200 week pat yourself on the back _ but don't be stupid like I did and spend it thinking you'll have the same amount next week. This may not happen for another 6 months!

Instead, find out “why” you generated this much money one week and hardly anything the

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next week. Did you stop marketing because you didn't think you had to anymore? Did you spend time filling all those \$1,200 worth of orders and generating back-end sales? (A back-end sale is placing some form of advertising in with the orders you fill that will generate additional sales. These items should be for products and services that either compliment or are the same as the product the customer purchased.)

Were all the orders that made up the \$1,200 week for the same product or different ones? Where did you advertise in order to generate this response? Was it a specific publication or a combination of several of them? Were the orders for something that people run out of frequently (i.e., printing, typesetting and advertising?) If so _ you can have a special offer for these same customers in a few weeks with a money-saving coupon for them to use. This will generate repeat business and the likelihood of another \$1,200 week in the near future.

However, if you do spend the money like I did and depression sets in, just sit down for a moment and reflect on what you do have: a roof over your head, food to eat, a legitimate business that will grow and possibly steady out in the future, peace of mind and the ability to work on your own without employers and people breathing down your neck!

In addition _ if you spend the money and cannot buy the supplies to fill the orders, DON'T

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just avoid your customers and hope they'll understand. Instead, send them a postcard that simply explains that you had such a large response that you sold out of the item. Tell them approximately "when" their order will be filled and "when" to expect it. If you can't possibly fill the order within 30 days, give your customer the option of getting their money back or better yet _ issue them a Credit Voucher to use on future purchases.

If you have no income at all and cannot possibly refund people's money offer them something in return that you can provide. You need to find some way to compensate your customers. Remember that they trusted you enough to see your ad, write out a check and spend their hard-earned money on you. They may not have a lot of money either. Avoiding them will turn you into a "rip-off" artist with no future in the industry!

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How To Reduce Crime In Your Neighborhood

While we don't like to talk about it - or even think about it - crime is on the increase in America, and throughout the world. The number of burglars, muggers, auto thieves, robbers, purse snatchers, etc., is growing at an alarming rate. Now you, as a resident, working with neighbors can help reduce the crime rate.

How? By organizing and/or joining a neighborhood program in which you and your neighbors get together to learn how to protect yourselves, your family, your home and your property. Working together, you can get the criminals off your block and out of your area.

There's safety in numbers and power through working with a group. You'll get to know your neighbors better, and working with them you can reduce crime, develop a more united community, provide an avenue of communications between police and citizens, establish on-going

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crime prevention techniques in your neighborhood, and renew citizen interest in community activity.

“Citizens Safety Projects” are set up to help you do this. It is a joint effort between private citizens and local police. Such programs have been started all over the country. Maybe one already exists in your community.

These organizations don’t require frequent meetings (once a month or so). They don’t ask anyone to take personal risks to prevent crime. They leave the responsibility for catching criminals where it belongs - with the police. This is NOT a “vigilante” group:

These groups gather citizens together to learn crime prevention from local authorities. You cooperate with your neighbors to report suspicious activities in the neighborhood, to keep an eye on homes when the resident is away, and to keep everyone in the area mindful of the standard precautions for property and self that should always be taken. Criminals avoid neighborhoods where such groups exist.

Through cooperation with local law enforcement agencies, some of the things you will learn - and all free - are:

1. What to do in an emergency.
2. How to best identify a suspicious person.
3. How to identify a vehicle being used in a suspected criminal activity.
4. Signs to watch out for before entering a

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house or apartment that may be in the process of being burglarized.

5. What to do in case of injury.
6. What to do about suspicious people loitering on your street.
7. How to identify stolen merchandise.
8. How to recognize auto theft in progress.
9. How to protect your house or apartment.
10. How to recognize a burglary in progress.
11. How to protect yourself and family - and much more.

It's easy to get your group started. All you have to do is contact your neighbors and arrange a date, place and time for the first meeting. Hold the meetings at your home or that of a neighbor. Try to plan a time that is convenient to most of your neighbors - preferably in the evening.

Then call your local police department. They will be happy to give your group informal lectures, free literature - and in many instances, window stickers and I.D. cards. Remember, police officers can't be everywhere. Your cooperation with them is for the benefit of you, your family, your neighbors and your neighborhood.

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How To Select A Burglar Alarm

Burglars dislike noise - it attracts attention. A barking dog is the best deterrent in preventing burglaries. However, a watch dog cannot always be depended upon. Some professional burglars have been known to carry delectable "dog snacks" in their pockets - and with a full stomach, some watch dogs make friends easily and forget their purpose of guarding the premises. The most reliable safe-guard to protect your home and possessions is a reliable alarm.

Many types of burglar alarms can be obtained for residential use. It is advisable, however, that basic hardware security measures be followed first. If additional security is desired, the following recommendations could be helpful.

1. Obtain estimates from three alarm companies, notifying each of this procedure.
2. An audible alarm is recommended over silent alarms for residential use in order to first protect persons and secondly, property. Don't depend entirely

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upon an alarm system to protect you - be sure to use proper locking devices. Any alarm system should include: A. A battery-powered fail-safe back-up. B. Fire-sensing capability. C. Read-out ability to check working of system, D. Horn sounding device installed in attic through vent.

When shopping for an alarm system, take this list with you.

SECONDARY BARRIER - If the value of small personal items warrants protection, a secondary barrier is an additional safeguard. On a hinging closet door, install a 1" dead bolt lock. Store your jewels, furs, cameras, guns, silverware and other valuables behind this barrier. Be sure to "pin" the hinges (as outlined in "How To Burglar-Proof Your Doors" - available from the above publisher.)

Crime is on the increase throughout America - and most of the world! For vital information on how to protect your family, your home, your possessions and yourself, read this book and sell it to others!

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How To Burglar-Proof Your Windows

Many burglars enter homes by simply breaking glass windows. A good deterrent is to have better quality glass installed at vulnerable points around the perimeter of your residence. Most burglars avoid attempting to break the following types of glass due to the fear of attracting attention:

LAMINATED GLASS is made by a vinyl or plastic interlayer sandwiched between two layers of glass. This type of glass adds additional strength to your windows. To gain entry, a burglar would have to strike the glass repeatedly in the same spot in order to make a small opening. Most burglars are reluctant to create this type of noise for fear of being detected.

TEMPERED GLASS is made by placing a piece of regular glass in an oven, bringing it almost to the melting point, and then chilling it rapidly. This causes a skin to form around the glass. Fully tempered glass is four to five times stronger

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than regular glass.

WIRED GLASS adds the benefit of a visible deterrent. Extra effort will be needed to break the glass and then cut through the wire located within the glass, in order to gain entry.

PLASTICS: Plastic material is divided into two types : acrylic or polycarbonate. The acrylics are more than ten times stronger than glass of the same thickness and are commonly called plexiglass. Polycarbonate sheets are superior to acrylics and are advertised as 250 times more impact resistant than safety glass, and 20 more times than other transparent plastic.

With **SLIDING WINDOWS** the primary objective is to keep the window from sliding or being lifted up and out of the track. There are many manufactured products available for securing windows. Here are some of the suggestions:

PINNED WINDOW ANTI-SLIDE BLOCK SLIDEBOLT: It is not recommended that you lock a window in a ventilated position. This is an invitation to a prying action which can result in entry. Key locking devices offer no real security, and they can be a fire exit hazard.

CASEMENT WINDOWS are the simplest to secure. Make sure the latch works properly and that the "operator" has no excess play. If so, replace the worn hardware.

DOUBLE HUNG WINDOW latches may be jimmied open. If a window is not used, screw it shut (except bedrooms). For windows in use, drill

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a sloping hole into the top of the bottom window, through and into the bottom of the top window, and insert an easily removable pin or nail.

LOUVRE WINDOWS are bad security risks. Remove and replace with solid glass or other type of ventilating window. Or protect with a grate or grille (except bedrooms).

WARNING: One window in every bedroom on the ground and second floor must be left available as a fire exit, particularly for children and guests in your home. At night, the bedroom window may often be the quickest and safest means of getting out. Because of the danger of fire, decorative grilles are not recommended on bedroom windows.

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How To Burglar-Proof Your Doors

The majority of devices mentioned in this report cost very little. All of them will help reduce burglary and make your house or apartment more secure.

Begin with a home "security" check. Start with the front door and work clockwise around the entire inside of your home, finishing with the back yard, fence and shrubs, gates and garage.

Shrubbery should never block the view of your front door. This allows an intruder the opportunity of privacy to gain entrance. A wide angle viewer in the door lets you know your visitor in advance. This item is recommended over a chain lock.

LOCKS, BOLTS AND HINGES - A DEAD-LATCH is an inexpensive lock set which keeps the burglar from simply slipping your door open with a plastic credit card. This method of entry is common in many areas, but very easy to prevent.

AUXILIARY DEADBOLT: 1" deadbolt, single

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cylinder with hardened cylinder guard, and thumb turn.

For extra security, a single cylinder dead bolt lock, with one inch throw and case-hardened insert, is recommended for all exterior doors. If you have easily breakable glass within 40 inches of a deadbolt lock, it should be augmented with a stronger type of glass or plastic to provide adequate security.

Most police departments do not recommend deadbolt locks for residential use. You may be adding additional security at the expense of personal safety with a double cylinder dead bolt. For example, you could lock yourself in and not be able to escape in case of fire or other emergency.

THE RIM LOCK is a 1" dead bolt lock which is installed on the inside surface of the door. It is less expensive than other types of locks, but equally effective for security.

THE "JIMMY-PROOF" RIM LOCK is another lock which is installed on the inside surface of the door. But this lock has vertical dead bolts, which is an approved locking device.

CANE BOLTS: 1/2" in diameter by 12" high installed at the top & bottom of the inactive door offers minimum security. Many homes with pairs of doors, use half-barrel slide bolts on the inactive door. These are weak and totally inadequate.

FLUSH BOLTS: Installed at the top and bottom of the inactive door or a pair of doors, flush bolts offer additional security, since the intruder

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cannot get at these devices to tamper with them if the doors are locked.

HINGE PROTECTION: Some exterior doors are improperly installed so that the hinges are installed from outside. To protect such a door from being lifted from its hinges by pulling the hinge pin, follow these simple steps: (1) Remove two screws, opposite each other, from both leaves of the hinge. (2) Insert screw or concrete nail into jamb leaf, protruding 1/2". (3) Drill out the opposing screw hole in the door. Do this in the top and bottom hinge of the door. When closed, the hinge pins may be removed, but the door will remain firmly in place.

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How To Protect Your Home While Away

Be sure to lock before you leave, and let a neighbor have a key. When leaving your home, practice the following advice - it could pay big, big dividends.

GOING TO THE MARKET OR OUT TO DINNER? A residence which presents a "lived-in" appearance is a deterrent to burglars. Never leave notes that can inform a burglar that your house is unoccupied. Make certain all windows and doors are secured before departing. An empty garage advertises your absence, so close the doors.

When going out at night, leave one or more interior lights on and perhaps have a radio playing (TV sets should not be left unattended). Timers may be purchased that will turn lights on and off during your absence.

Do not leave door keys under flower pots or doormats, inside an unlocked mailbox, over the doorway, or in other obvious places.

WHEN PLANNING VACATIONS OR PRO-

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LONGED ABSENCES - Discontinue milk, newspaper, and other deliveries by phone or in person ahead of time. Do not leave notes.

Arrange for lawn care and have someone remove advertising circulars and other debris regularly. On the other hand, several toys scattered about will create an impression of occupancy.

Notify the post office to forward your mail or have a trustworthy person pick it up daily. Apartment house tenants should also heed this hint since stuffed mail receptacles are a give-away when no one is home.

Inform neighbors of your absence so they can be extra alert for suspicious persons. Leave a key with them so your place may be periodically inspected. Ask them to vary the positions of your shades and blinds.

When you leave, do not publicize your plans. Some burglars specialize in reading newspaper accounts of other people's vacation activities.

If you find a door or window has been forced or broken while you were away, **DO NOT ENTER**. The criminal may still be inside. Use a neighbor's phone immediately to summon police.

Do not touch anything or clean up if a crime has occurred. Preserve the scene until police inspect for evidence.

ALWAYS REMEMBER TO - 1. Lock before you leave. 2. Trust a neighbor with a key. 3. Be a concerned neighbor - yourself.

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How To Protect Your Vehicles

HOW TO PROTECT YOUR CAR - Always lock your car doors. Be certain all windows are completely closed. When driving, keep all doors locked. It is best to park in attended lots. If you must leave a key with the attendant, leave only the ignition key. In all cases lock your car. At night, park only in well-lighted areas.

If you have a garage, the single lock on the door is inadequate to keep intruders from prying up the opposite side and crawling in. One of three methods may be used to secure the door: (1) Add another bolt and padlock on the opposite side, or (2) Install a pair of cane bolts to the inside - only operable from the inside, or (3) Add a top center hasp. Any person of average height can operate this locking device. The hasp must be of hardened steel and installed with carriage bolts through the door or gate. Use large washers on the inside. After the nuts are secured, deface the threads of the bolt ends with a hammer to keep the nuts from

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being removed.

In every case, use a minimum standard exterior padlock. Don't hide a key outside. Most hiding places are obvious to the burglar.

Never leave a padlock unlocked. This is an invitation to have the padlock removed so that a key can be made, and the lock returned to its position. Later, the burglar returns when no one is home and enters at his leisure, using "his" key.

HOW TO PROTECT BICYCLES - You don't leave your car unlocked, so treat your bicycle the same way. Use an approved chain and padlock whenever you are not on the seat! Lock it to the garage - with a 3/8" x 6" eye screw fastened to a stud. The eye screw should be at least 3 feet above the floor, because this makes using a pry bar much more difficult.

Whenever you lock your bike in a public place, chain it to a secure rack or stanchion through the frame and a wheel. Keep the chain as high above the ground as the bike will allow. This reduces the leverage for a pry bar or bolt cutter attack.

MINIMUM STANDARD FOR APPROVED CHAIN - Must be a least 5/16" hardened steel alloy. Links must be of continuous welded construction. Lighter chain, or chain with open links simply will not withstand bolt cutting attacks. Don't **GIVE** your bicycle away! Using anything less will invite its theft.

HOW TO PROTECT MOTORCYCLES - These

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expensive bikes require additional security measures. They must be secured with a mated 3/8" hardened steel alloy chain and a padlock of equal strength. Sheathed cable has not proven to be a satisfactory deterrent to theft.

LIGHTING - Good exterior lighting is important, particularly when the yard area is obscured by high, non-removable shrubbery. The best possible location for outside lights is under the eaves. This makes ground level assault more difficult. You can buy an inexpensive timer or photo-electric cell which will automatically turn the lights on at dusk and turn them off at dawn.

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Measuring Your Stress Level

If you've been wondering what degree of stress you live under, here is a quick way to get a fair estimate. Dr. Thomas and Dr. Richard Rahe composed a table of events and the amount of stress they cause. The most interesting feature of this table is that the people they interviewed actually told them, how they could rate specific events for the stress they cause, so this is human rather than a medical appraisal of the degree of stress those events caused. As you get used to certain changes in your life, they become less stressful, so these ratings will not be entirely accurate for you. If, for example, you take a vacation only every five years, you might rate it a 25 instead of a 13. The common starting point used was a standard rate of 50 for marriage for all the people interviewed.

The combined total of both positive and negative stresses in the past few months will give you an idea of your current stress level. Keep in

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mind that people have varying stress-handling capacities and this table does not take into account such regular stresses as recreational drug use, alcoholism, chronic illness, allergy, battering and random stresses such as car accidents, contest winning to the dreaded tax audit. This is presented as information only and should not be used for diagnostic or treatment purposes.

EVENT

- Death of spouse	100
- Divorce	73
- Marital separation	65 -
Jail term	63
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How Shoplifting Affects You And Your Family

One of the most common non-violent crimes facing America today- and most of the world - is shoplifting. So prevalent is this problem, that most stores and shops automatically increases prices (as much as 10%) to cover these losses.

Shoplifters fall into several categories. First, there are the “professionals”. They make their living by stealing - most often to their “customers” specifications. They have to perfect their technique to operate . . .to remove labels with scissors or razor blades, that could incriminate them if caught . . .or by designing a “booster” box for stolen articles. . . or the expert use of “bad bags” (shopping bags) . . . or “booster” skirts or pants (ordinary appearing garments with baglike compartments inside). . .plus dozens of other clever “professional’s tools”.

Some take things they could easily pay for and perhaps do not even want. These offenders

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may suffer from kleptomania, a neurotic, irresistible impulse to steal. This is almost never done for the purpose of acquiring the item taken. While these people may not necessarily be considered mentally ill, generally "kleptomaniacs" are emotionally disturbed.

The greatest number of shoplifters are "amateurs". Usually, they have little money, few scruples & an intense desire to own luxuries. Psychologists say the four most common urges and emotions underlying these crimes are: (1) Profound feelings of guilt, (2) A wish to be punished, (3) A need to prove their worth and/or (4) an impulse to retaliate for real or fancied wrongs. These shoplifters are not necessarily ill or disturbed, they simply steal because it pays.

Whether the item taken is of little value (as a candy bar or piece of bubble gum), or of greater worth (typewriter or camera) it is still shoplifting and it is still a crime. These crimes affect us all by being forced to pay higher prices.

HOW TO TELL IF YOUR CHILDREN ARE SHOPLIFTERS - No matter how young children are, they must be taught that to take anything without paying for it is a wrongful act. If a child does not realize this at an early age, it may set a pattern that could follow him into adulthood, with disturbing consequences.

The simplest way to prevent a child from stealing is to watch him at all times while you are shopping and reprimand him when the act takes

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place. If this fails, take him to the store manager or other authoritative personnel and say something like “My son took this. Will you please tell him what happens to people who steal”.

Naturally, it is a more serious problem when teenagers and adults engage in shoplifting. A friend or family member may be extremely secretive, but if they engage in shoplifting regularly, there are usually giveaway clues as to their activities:

- (1) Extra unexplained income,
- (2) Possession of luxuries you know they cannot afford,
- (3) Secretive habits during certain times of the day, and/or
- (4) Lavish gifts on friends and acquaintances.

WHEN YOU DISCOVER A SHOPLIFTER - If it's a stranger in the illegal act, notify store personnel. If it's a friend or family member, warn him first. If this fails, convince him to see a doctor. As a last resort, you may have to notify police, to save him from ridicule, disgrace and extreme hardship later.

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How To Safeguard Against Rape

If you are a female, chances are 1 in 10 that you will be a victim of sexual assault. The attacker makes no distinction between age, race, appearance or any other characteristics.

Common sense is your best defense against attack. Because every rape is different, there's no one solution for thwarting an attack.

If you are attacked, evaluate the situation and look for ways to escape. Some women have avoided rape by talking their way out of it, acting crazy or fighting back. A kick in the groin isn't usually successful because men instinctively protect this area, and you may lose your balance. If you decide to respond physically, remember that your first priority is to get away. Act quickly and derisively to throw the attacker off guard while you escape.

After an attack: A. Go to a safe place B. Call the police. C. Preserve evidence - don't shower or douche; blood and semen are impor-

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tant evidence. And don't change your clothes or disturb the scene of the crime. D. Get medical care.

Medical attention is vital! Many hospitals provide free care for rape victims and offer pregnancy prevention and venereal disease treatment. Remember, even if you do get treatment immediately, follow-up tests for V.D. are essential.

Never be embarrassed because of the incident. Though difficult to talk about, it is important to tell doctors what sex acts took place so they will know what medical attention is needed.

Try to remember in detail your exact experience, for police records. Give as accurate and complete description of your assailant as possible. This is extremely important! Your complete cooperation with local authorities may help in preventing similar attacks on other girls and women.

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How To Protect Yourself From Pickpockets

The “art” of picking pockets is among one of the world’s oldest professions. Author Charles Dickens’ Artful Dodger is probably among the best known pickpockets. However, all are not juveniles - and all are not males!

The skilled pickpocket is not the seedy character you’d expect to find lurking in a dark doorway. He (or she) appears about as average as you and I in appearance and manner. Because they make a study of how to “blend” into the crowd, pickpockets usually remain undetected and can practice their activities with little hindrance.

Pickpockets follow no regular schedule. They operate equally well during daylight hours as well as at night. And if you have been led to believe that picking pockets takes place only in crowds, forget it! The only known fact is that they generally focus on the public during times when they might be carrying more money than usual,

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such as during pre-holiday spending sprees, store sales, at fairs, carnivals, horse races, gambling casinos, near bank entrances, etc.

While many pickpockets work alone, there are also teams of two or three which sometimes involves a female accomplice. A team with nimble fingers is next to impossible to apprehend. The first team member removes the valuables from the unsuspecting victim's pockets. He then secretly passes them on to the next member who quickly disappears. When a female member is also employed, she generally engages the victim in conversation to distract or delay his attention.

Contrary to what most think, experienced pickpockets do not place their hands all the way into the victims pockets. Rather, the expert criminal reaches into the top of the pocket, takes up a pleat in the lining, then makes a dozen or so more tiny pleats, folding the lining with swift dexterity between his fingers. The shortening pocket lining moves the valuables upward so that they emerge at the mouth of the pocket. The entire act takes place in a second or two.

The best protection for foiling pickpockets is to remove the opportunity of becoming a victim. . .

FOR MEN: 1. The target areas are back trouser pockets, and suitcoat and sports jacket pockets, located inside and out. A pickpocket who values his freedom avoids front trouser pockets, and especially buttoned or zippered pockets. 2. If it is

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necessary to carry your wallet in an unbuttoned pants, coat or jacket pocket, be sure it contains only what you can afford to lose. Keep large sums of money, credit cards, ID's, etc. in your front pocket or any buttoned or zippered pocket; keys on a chain attached to your clothing. 3. Never "pat" your pocket to see if your wallet is still there. This notifies the criminal of the location of your valuables. 4. Larger size "pocket secretaries" are especially inviting to pickpockets - and relatively easy to steal.

FOR WOMEN 1. Do NOT carry your wallet in your purse. Conceal it in a coat or sweater pocket where it does not show a bulge. 2. Use a purse that is difficult or time consuming to open. 3. Never let your purse lie unattended on a store counter or in a grocery shopping cart.

If you have been victimized by a pickpocket, immediately notify police and give the best description you can.

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How To Protect Yourself From Armed Robbery

While a purse snatching is one of today's most common crimes facing women, strong arm robbery (hold-ups, muggings) is the most prevalent act where men are generally the victims.

By observing the basic rules of "common sense" your chances of being victimized are greatly reduced. Since most strong arm robberies occur during the hours between sunset and sunrise, the best rule to follow is simply to stay inside at night. However, to even consider being confined to a secure area after the sun goes down is not only impossible, it is also ridiculous. By observing basic precautionary measures, chances of your becoming a robbery victim are greatly reduced. Here are some general rules to follow:

1. Travel well-lighted streets. Avoid dark corners, alleys and entrances to buildings. Always try to walk on the side of the street nearest oncoming traffic.

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2. If you must travel at night regularly, don't carry more than you can afford to lose. One suggestion is to carry a second wallet containing a few \$1.00 bills and old credit cards, which are normally destroyed or discarded. If confronted at knife or gunpoint, give the suspect the second wallet and concentrate on a good physical description to give to the police.

3. There's safety in numbers! If possible, walk with a companion - either male or female. An armed robber is less likely to confront two or more, than a lone individual.

4. When waiting for a bus or streetcar, try to select a well lighted area. Aim for a busy stop where many people will be coming and going.

5. Don't hitchhike or accept rides from strangers.

6. Avoid taking shortcuts through deserted areas such as parks, playgrounds, vacant lots, etc.

7. Be cautious entering your car - someone may be hiding inside. Or, when leaving your car - someone may be waiting. Park in well-lighted areas.

8. Never carry weapons that can be used against you.

9. If someone ask directions, keep a polite but safe distance.

10. If you are alone and think you are being followed, head for an occupied building such as a bar, restaurant, filling station, fire station, etc. If none is available, cross the street in the middle of

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the block. If there is street vehicular traffic, try to stop a car for help.

IF YOU ARE CONFRONTED.

1. DO NOT RESIST! Cooperate! Give the criminal whatever he asks for - wallet, keys, jewelry, credit cards or whatever. Your life is more valuable than replaceable possessions.

2. Don't make any sudden, unexpected moves. A nervous criminal may think you are reaching for a concealed weapon.

3. If the suspect claims he has a gun, knife, razor or whatever in his pocket, never try to force his bluff.

4. Never try to be a hero and apprehend the criminal yourself.

5. Notify police as soon as possible.

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How To Guard Against Purse Snatchers

Purse snatching is a crime of opportunity. You can eliminate that opportunity. Every female carrying a purse is a potential target. Senior citizens are especially susceptible to these criminals since they may not be readily able to defend themselves and pursue their assailants.

WHAT YOU CAN DO - Purse snatching is a crime that can be easily prevented when you take away the opportunity from the thief. Most purse snatchers are juveniles under the age of 18, who are waiting for the next opportunity. When you hide the “prize” you protect yourself!

Suppose you are going shopping and waiting for the bus. You are by yourself and your purse is exposed and in open view. You already made two mistakes - you’re alone and your purse is vulnerable. Frankly, your personal safety might depend on NOT clinging to that purse, even though it seems a normal way to protect the contents. Grabbing and shoving that may take place can

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result in being injured. There are ways to protect yourself, however.

SHOP WITH A FRIEND, TRAVEL TOGETHER

- The first precaution you can take is to go shopping with a friend - man or women. You're safer when in the company of someone else. If you must be out at night alone, stay in well-lighted areas. Walk close to street lights, staying well away from dark corners, alleys and building entrances. (Read "How To Protect Yourself When Traveling" - available from the above publisher for just \$1.00

HOW TO OUTSMART THE PURSE SNATCHER

- When carrying a purse, women should have only 3 or 4 one dollar bills placed inside. Credit cards, currency, driver's license, keys and jewelry should be carried in a coat or sweater pocket, or concealed on your person to reduce the opportunity of large losses. If you carry a purse, don't wrap the strap around your shoulder, neck or wrist. If your purse is grabbed, a strong strap will not yield easily and you may be injured. Some purse snatch victims have been thrown down and have received concussions and broken bones. Never carry anything more valuable than you can afford to lose. Always leave all unnecessary credit cards at home. When you shop and carry a purse, place it in your shopping bag. Never leave your purse on a store counter or in a grocery shopping cart - even for a moment.

DON'T CARRY WEAPONS THAT CAN BE USED AGAINST YOU - You should carry a police

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whistle and a small flashlight on your key chain where they're readily available. Make a habit to carry your key chain in a pocket - NOT in your purse. And you should never put your name and address on your house keys or car keys. This is a simple way of telling the thief who you are and where you live.

CALL THE POLICE IMMEDIATELY -Most victims are attacked from behind. They don't get a good look at the attacker. And when a juvenile gets away with it once, he'll try it again. If attacked, call the police immediately. Try to remember all details - help your police help you!

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How To Protect Yourself When Traveling SAFETY ON PUBLIC TRANSPORTATION -

1 While waiting for a bus or streetcar, stand near others who are also waiting.

2. If the immediate area is deserted or in darkness, stand near an occupied building or in a lighted area until transportation arrives.

3. Once on a bus or streetcar, be aware of those around you. If someone looks or acts suspicious, notify the driver. 4. I

f the coach is empty or nearly empty, sit as far up front and as close to the driver as possible.

5. If someone begins to bother you, get up and notify the driver immediately.

6. Upon arriving at your stop, be aware of those who alight with you. If you feel you are being followed, go to the nearest occupied building and ask for assistance.

7. After dark, attempt to get off the bus in well-lighted areas. Use only well-lighted streets

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to reach your final destination.

AUTO SAFETY -1

. Make certain your car is always in good working order, with safe tires and an adequate amount of gasoline for your planned trip.

2. Always check your car before getting in - to make sure that no one is hiding inside.

3. If you have a garage, be sure you lock the door as you leave. To learn about the most suitable garage door protection, read "How To Protect Cars, Bicycles, Motorcycles" - available from the above publisher for just \$1.00.

4. It is best to park in attended lots. If you must leave a key with the attendant, leave only the ignition key. In all other cases, lock your car.

5. Do not leave packages or personal items in open view in the car . . place them in the trunk.

6. At night, park only in lighted areas.

7. If you are in danger of being harmed or robbed, while in your car, start sounding your horn until assistance arrives.

8. Never pick up a hitchhiker.

9. If you have a flat tire in an area you feel might not be safe, try to keep driving until you reach a safe location.

10. If you feel you are being followed, drive to the nearest police or fire station, or open filling station. **ELEVATOR SAFETY -**

1. Observe elevator interior before entering. Wait until the next elevator if you are uncer-

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tain of any occupant.

2. Females riding the elevator alone should always stand near the control panel. If accosted, press ALL buttons.

3. If a suspicious person enters the elevator, exit before the door closes.

4. Before exiting from the elevator, observe the corridor for suspicious activity.

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How To Protect Your Valuables From Theft

One of the most effective tools you can use to retrieve property stolen from your home is a simple electric engraving pen. With this pen you can inscribe your name or a number on the most valuable items in and around your home. Before you do this, check with local police to see which they prefer you use - your name, driver's license, social security number or whatever.

Engraving your name or number on your valuables helps deter robbery in two ways: First, you discourage the thief since marked property is much more difficult to sell. Second, if a thief does steal your property, it is much easier to catch and prosecute him when he is discovered with goods in his possession that are easily identifiable as stolen.

Billions of dollars worth of property stolen each year is never returned to the owners. Why? Because without some identifying mark or number,

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the police are unable to verify stolen property, or trace the owner. More than half the property recovered by the police is eventually auctioned off or destroyed because the goods have no identifying characteristics.

In some cities, local law enforcement agencies will lend you and your neighbors an engraving pen free. In these communities, you may borrow an engraving tool for several days. If this service is not available to you, you can purchase an inexpensive electric pen from your local hardware store for as little as \$10 to \$15. This small investment could be worth a great deal more to you at a later date.

Items already marked with a serial number - such as cars, TV's, cameras, typewriters, radios, stereos, tape decks, appliances, etc., may not have to be engraved with your name or personal number. Check with local police first. If they recommend you inscribe your identifying mark on serialized items, inscribe this information just above the manufacturer's serial number.

On unserialized property, inscribe your name or number on the upper right corner of the rear or backside of each item. Should you decide to sell or discard the item at a later date, you should invalidate your number by using the engraving pen or any sharp tool to draw a single line through your name or number from the upper left to the lower right hand corner. Do not deface your name or number in any other way. It is also advisable,

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when selling “marked” property, to write out a simple receipt and specifying on it that you were the previous owner and indicate the name or number used by you. This could prevent legal hassles for the new owner at a later time.

To protect smaller valuable items such as jewelry, silverware, etc., it is wise to take a photo of each item. A Simple, instant-type camera photo is sufficient.

After you have marked and/or photographed all your valuables, make a detailed list of these items and keep it in a safe place. When new items are acquired, add them to your list. As other valuables are sold or discarded, cross them off the list.

If you use credit cards, they should also be recorded on your list. Either copy your account number from each card and expiration date, or you can have photo copies made for your records.

Protect your home and possessions when you're not there. Read “How To Protect Your Home While Away” - available from above publisher for \$1.00 and long, self-addressed stamped envelope.

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How To Protect Yourself On City Streets

Street crime is on the increase in most large U.S. cities. It is also becoming more prevalent in small communities. The following list of “safeguards” will help protect you - and may even save your life!

1. When leaving home, make sure that all doors and windows are locked - including the garage door.

2. Watch for loiterers and do not carry large sums of money.

3. If possible, travel with another person. This is especially true after dark.

4. When carrying a purse, women should have only 3 or 4 one dollar bills placed inside. Credit cards, currency, driver's license, keys and jewelry should be carried in a coat or sweater pocket or concealed on your person to reduce the opportunity of large losses. If you do carry a purse, don't wrap the strap around your shoulder, neck or wrist. If your purse is grabbed, a strong strap

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will not yield easily and you may be injured. Some purse snatch victims have been thrown off balance & received concussions, broken hips, arms or legs. Don't carry anything more valuable than you can afford to lose. Always leave all unnecessary credit cards at home. When you shop and carry a purse, put it in your shopping bag.

5. At night, travel only well-lighted and well-traveled streets.

6. Never hitchhike or accept rides from strangers.

7. Walk on the side of the street nearest to oncoming traffic. If accosted by someone in a car, run in the direction opposite the way the car is headed.

8. Beware of people who approach asking directions; keep a polite but safe distance.

9. A good suggestions for men is to carry a second wallet containing a few \$1.00 bills and old expired credit cards, which are normally destroyed or discarded. If confronted at knife or gun-point, give the suspect the second wallet and concentrate on a good physical description to help the police in making the arrest.

10. Upon returning home, particularly after dark, do not linger at the entrance of your residence. Make a quick check for mail or newspapers, and enter immediately. If you feel something is strange, don't enter but go elsewhere and call for police assistance.

11. If you feel someone is following you, go

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to the nearest occupied residence or building, and ask for assistance.

If you are confronted with a dangerous situation, cry out for assistance. Yelling "FIRE! FIRE!" instead of "Help!" will generally bring faster attention.

Two more important reports worth reading: "How To Protect Yourself When Traveling" - available from the above publisher for \$1.00 and a long, self-addressed stamped envelope . . . and "How To Stop Mail Order Crooks" tells how to put dishonest mail order firms out of business without expensive legal assistance.

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How To Protect Your Home From Intruders

SAFETY AT YOUR FRONT DOOR -

1. Never automatically open your front door. Make sure you know your caller's identity before admitting him.

2. If the person at your door is a stranger, ask for identification to be passed under the door. If he is unable to do this, do not admit him.

3. It is advisable to have a wide angle viewer (peep-hole) in the door so that you can check a person's identity without unlocking your door.

HOME SAFETY -

1. All doors in your home leading to the outside should have dead-bolt locks.

2. When away at night, leave a light burning.

3. Do not leave a key over a door or under a mat.

4. The single lock on a garage door is inadequate to keep intruders from prying up the opposite side and crawling in. Use a padlock. But never leave it unlocked. This is an invitation to

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have the padlock removed so that a key can be made, and the lock returned to its position. Later, the burglar returns when no one is home and enters at his leisure, using "his" key.

5. Mark your valuables and keep an accurate record of all your most valuable possessions. Read "How To Protect Your Valuables From Theft" - available from above publisher for \$1.00

6. When leaving on a trip: A. Stop all deliveries. B. Connect a light to a timer. C. Notify the police and have a neighbor check your home periodically. D. Have someone maintain your lawn.

7. Be a concerned neighbor. If you see a suspicious person, car or situation, contact the police.

SAFETY FOR THE APARTMENT DWELLER -

1. If you live in an apartment building with an intercom system to the front door, make sure the landlord keeps it in operating order.

2. Never admit anyone unless you are expecting him or know him.

3. Never admit anyone to the building who is there to see another tenant or to deliver something to another apartment.

4. Anyone asking admission so that he can do some work for another tenant should not be admitted, but should be referred to the building's manager.

5. If you see someone in your building who looks out of place or is acting suspiciously, contact the police.

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How To Avoid Traffic Accidents

Speed is a major factor in many accidents. Driving too fast for condition of the road, weather, vehicle or driver increases your chances of having an accident. Reduce speed during adverse weather conditions. Rain, ice, sleet, snow and otherwise poor road surfaces can increase your stopping distance dramatically. Add worn tires or brakes to this and the distance increases further.

Poor driving skills on top of these other factors can make the situation almost impossible. Keep your vehicle in good condition. Worn tires and brakes can decrease your ability to control the vehicle under emergency stopping and turning situations. Replace windshield wipers regularly and keep the windshield washer full and in operating condition.

Dirty or muddy water splashed onto your window can cause a “blackout” for several seconds while you locate and activate the washer. Be familiar with its location and operation so that you

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may use it quickly and without taking your eyes off the road.

Wear your seatbelt. It will hold you in place during violent maneuvers. You might do an excellent job of recognizing a hazard suddenly appearing in front of you, realize there's no time to stop, make an abrupt turn to the left, and then find yourself thrown all the way to the passenger side of the vehicle.

What do you do then? You brace yourself for the accident your going to cause trying to avoid the first one! There are many other sudden happenings that can cause you to be thrown around inside of the vehicle, and once that happens you're no longer in control. You become just another passenger along for the ride.

Speaking of passengers; buckle them down too. Flying passengers can injure or kill you as well as themselves. Get a physicist to compute for you the effective weight of your 175 pound passenger when he hits you in a 30 MPH crash! It'll scare you! Stay away from other vehicles! That may sound silly, but most accidents involve two or more vehicles. Try not to be near those who are looking for a place to wreck!

Don't tailgate and don't allow others to tailgate you. If traffic conditions are light (you L.A. folks won't understand this) try not to drive beside other vehicles. They'll always swerve right into you when they try to dodge that dog or cat in the road! If a vehicle next to you is struck by another vehicle,

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he could be pushed into you. If you're not in "down-town" traffic, and can do so, spread out. (I know you L.A. people are saying "what planet is this guy from?")

Intersections are the favorite meeting places for cars and drivers looking for a place to crash. Always check cross traffic before starting out on a green light. Someone is always trying to get the last part of that yellow light. Stay away from 18-wheelers at all times. Always avoid being on the right side of one, especially near places where the truck driver might want to make a right turn.

Large tractor-trailer rigs must, by the nature of their size, make wide right turns. That is, they cannot make a right turn from the right lane like smaller vehicles. This maneuver may give the appearance of an open lane available for use by an unsuspecting person not seeing the truck's turn signal. Many a car and driver has been crushed by the trailer and wheels of those large rigs. Another hazard of those big trucks is retread tires coming apart on the highway. Have you ever been beside one of those big rigs when an old retreaded tire decides to blow? It'll get your attention fast! It can cause some drivers to change lanes or slow abruptly.

If you're on a motorcycle you could be seriously injured if you are close behind or beside one of these rigs when a tire blows. We've all seen those tire remnants scattered about the highway so be aware that it happens quite often. All vehicles

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come from the factory with “blind spots” installed free of charge. Know where yours are and always check them before making a lane change.

Remember; you can’t check them with mirrors. That’s why they’re called blind spots. You’ll have to turn around and actually look. Don’t ride in the blind spots of other vehicle. You’re just asking for trouble if you do.

Parking lots are one of the best places to find a fender bender. They’re a good place to have your head on a swivel. Vehicles seem to come out of nowhere in a mall parking lot and you’ll have to be constantly looking left and right if you want to stay out of trouble.

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How To Avoid Being Arrested

Try to avoid violating the law. Stop and think before you act. If you're in doubt about the legality of an act; ask. Ignorance of the law is no excuse, **BUT USE IT ANYWAY!** Try to stay away from suspicious places and circumstances. Watch the company you keep. You can easily be arrested if you're with someone who commits a crime. It all depends on the crime and the circumstances. We're not talking about your guilt or innocence, or right from wrong. We're talking about how not to get arrested in the first place, thereby avoiding fees to attorneys, bail bond agents, loss of time on your job, or even loss of your job.

DRIVING

Don't drink and drive! know what driving offenses in your state or community can get you arrested. Reckless driving or second convictions of other violations could get you arrested. Avoid drunk driving or anything else that can get your vehicle impounded. Police officers may legally "in-

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ventory” and make a list of all property in the vehicle. You can be charged with any contraband found.

WEAPONS

Know the laws of your state concerning weapons. Register weapons if it is required in your city or state. Know what the laws are concerning the carrying of weapons on your person or in your vehicle. Know what constitutes a weapon in your state. Brass knuckles, nunchakus, Kung-Fu stars, chains, clubs or anything adapted to be used as a club, and long knives may be illegal to carry. Firearms or other weapons laying about inside your vehicle, or your friend’s vehicle, can get you arrested in many jurisdictions. It may not matter if it’s not your weapon. If it’s within your reach you may be subject to arrest. A weapons offense may be a misdemeanor in one part of town and a felony a block away! Carrying weapons where alcoholic beverages are sold or served, on school grounds, or other locations may constitute a more serious charge.

DRUGS

Keep your prescription drugs in the proper, labeled container. Do not dump all your different prescription drugs in one container. If you give a police officer a chance to notice such a package, you’re asking for a very long delay in your schedule while things are checked out. Next to traffic accidents, drugs in vehicles get more passengers in trouble than just about anything.

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Example: It's midnight and you are riding as a passenger your friend's car. He is stopped by the police for speeding. He reaches into the center console where he keeps his license. The officer shines his flashlight on the console to see what your friend is reaching for, since this is not a normal location for a driver's license.

The officer see's a baggy of what turns out to be an illegal drug next to the console. Your friend forgot it was there, and you never saw it. It's closer to you than it is to your friend. Your good friend says "that's not mine, officer". Where does that leave you? The outcome of this case is not the subject of this report. The purpose of this report is to prevent this scenario from occurring. Know your friends! Check out vehicles that you borrow.

WARRANTS

If you receive a ticket or are arrested and found guilty, pay all fines and associated costs on time. If this is not possible, ask for an extension. A warrant will be issued for your arrest if you do not take care of traffic tickets on time, or in the case of convictions, if you don't pay assessed fines. If you're arrested and use the services of a bonding company or an attorney, follow their instructions while you are waiting for your case to be disposed of. You may be required to report weekly, prohibited from leaving town, etc. during this time period. If you violate these rules, the attorney or bonding company can cancel your bond and a warrant for your re-arrest will be issued. Arrests

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on warrants can come at the most embarrassing times, such as at work, school, on a date, etc. And on top of all that, the bonding company or attorney isn't going to give your money back and you'll have to go through the whole ordeal again. Once you are charged with an infraction or a crime, follow through with it in the proper manner. Never ignore these things. They won't ever go away and they'll always get worse.

DRINKING

The police don't like dealing with sloppy, boisterous drunks any more than most people do. If you get yourself in this condition in a public place you're asking for trouble. If you get drunk in public, **DON'T** get involved in a disturbance. The drunk tank is the universal solution to disturbances involving drunks. If you're the type that gets drunk and rowdy, take a designated driver/caretaker along with you. Someone who will promise the police that they'll take you home and lock you up for the night. This doesn't always work, but it's worth a try.

RESISTING ARREST

Don't ever push, shove, or hit a police officer! The police don't feel they should be hit for doing their job any more than the store clerk, doctor, or fireman. This will always get you a ride downtown. Remember; help arrives quickly to these events. If you have a problem with an officer, pursue it through the proper channels. Police administrators don't want a problem officer around any more than

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you do. Don't resist arrest. Demand to know why you're being arrested if you haven't been told or don't understand. Resisting doesn't help your case whether you're innocent or guilty of the original charge. You'll only be adding another charge which means more money out of your pocket and into the bondsman's.

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Popular Con Games

And How To Recognize Them

The object of any con game is to cause you to part with your money or other thing of value. Most con games are initiated by people who approach you on the street or call on you at your home. Be suspicious of ANY plan, idea, scheme, business deal or whatever that requires you to part with your money on short notice.

THE PIGEON DROP

Cons like the “pigeon drop” are very common. In this scam the victim is approached by persons claiming to have found a large sum of money. The suspects tell the victim they would like to share the money with the victim, but ask the victim to put up some of his own money as a gesture of good faith. Packages, bags, or whatever are switched and the victim ends up with a wad of paper or the like and the suspects are no where to be found.

ROCKS IN THE BOX

In the “rocks in the box” scam, the victim is

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approached by a suspect who offers to sell him a new TV or VCR or similar item at a very low price. Once the victim parts with his money he finds himself stuck with a box containing bricks or other junk used to simulate the weight of the claimed contents of the box.

BANK EXAMINER

The “bank examiner” con is commonly practiced on older females. In this scam the victim is contacted, usually by phone, by a person claiming to be an officer of the bank at which she has an account. The caller claims that due to computer malfunction or other problem, the bank needs to verify certain information. During the conversation, the caller tries to obtain needed information about the victim’s account balance, recent account activity, etc. The caller will also try to determine if the victim lives alone, etc. If the phoney bank officer gets the needed information he will thank the victim, and tell her he will call her back if there are any problems.

After a short time the phoney bank officer will call the victim again and tell her that the problem has been caused by a bank employee that they suspect of stealing from customer’s accounts, including the victim’s. The victim is asked if she would assist the bank in catching the dishonest employee.

The victim, wanting to help nab the crook, often agrees. She is then given the “plan” by the phoney bank officer. He tells the victim that a

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“dummy” account has been set up in her name for this event. She is to go to the bank and to the suspected dishonest employee and withdraw \$3000, the amount stolen from her account.

The phoney bank officer tells the victim that the dishonest employee, knowing that the withdrawal will cause the victim’s account to be overdrawn, will have to steal the money from yet another account to make up the difference. The phoney bank officer tells the victim that the dishonest employee’s actions will be monitored on closed-circuit TV, and this is how he/she will be caught. The victim is assured that her account is fully insured and she will suffer no loss due to the employee’s dishonesty.

The victim follows through with the plan and withdraws the agreed amount. The victim then meets the phoney bank official at a pre-determined location. The phoney bank official then takes the money from the victim, telling her that it actually came from the “dummy” account and not her account, and that it is needed as evidence. The victim is given a receipt for the money and of course neither the money or the bank officer is ever seen again!

BAIL BOND SCAM

The victim is contacted by phone by a person claiming to be a friend of a relative of the victim. The victim is told that the relative has been arrested for an outstanding warrant or some other minor charge, and needs money to get out of jail.

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The "friend" asks the victim for the bail money. If the victim agrees, the caller will arrange for himself or another person to pick up the money.

PHONEY C.O.D. SCAM

The suspect will scout a neighborhood to find a suitable unoccupied home. He will check a city directory publication to determine the name of the homeowner. He will put the name on a phoney shipping label and attach that to a box containing rocks or similar type debris. He will then return dressed in an "express delivery" type of uniform. He will pretend to knock or ring the doorbell at the unoccupied house. Getting no answer, he will then go to a next-door or nearby neighbor and ask them to accept the package and pay the C.O.D. fee.

HOME IMPROVEMENT SCHEME

The suspects drive to the victim's house in a contractor type vehicle and dressed in workman's clothing. They tell the victim they have just finished a large roofing job (or driveway resurfacing, etc.) and have some materials left over. They tell the victim they will use the left-over material to repair the victim's roof, driveway, or whatever, at a large discount. If the victim agrees, the suspects will do a quick, shoddy, job with cheap material. These con artists usually travel from town to town perpetrating this scam, staying away from their home town where they would surely be caught in a short time.

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Understanding And Dealing With Everyday Stress

WHAT STRESS IS...

Stress is an abnormal condition that disrupts the normal functions of the body or mind. No two people are affected in exactly the same way, or to the same degree, but most people living in our highly industrialized society suffer from its effects at one or more times during their lives. Symptoms range from mind headaches, occasional bouts of insomnia, overall restlessness, digestive problems, irritable bowel syndrome, constipation and diarrhea, and abdominal pain.

SELECTED LIFE EVENTS

THAT CAN BRING ON STRESS:

Death of Spouse. Death of a close family member. Death of a close friend. Major personal injury, illness or pregnancy. Sexual molestation, drug abuse. Major change in the health or behavior of a family member. Gaining or losing a new family member. Sexual difficulties. Marital sepa-

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ration from mate. Marriage, marital reconciliation, divorce. Arguments with spouse, family members, friends, co-workers.

Changes in sleeping habits or change in part of day when asleep. Vacations, Major holidays. In-law troubles. Financing major purchases. Beginning or ceasing formal schooling. Change in usual type and or amount of recreation. Change in outside social activities, religions, etc. Major change in eating habits, living conditions, moving. Spouse beginning or ceasing work outside the home. Changing to a different line of work. Major change in responsibilities at work.

Changes in working hours or conditions. Troubles with the boss. Being fired at work. Starting a new job or career. Retirement from work. Business readjustment, changes in financial condition. Minor violations of the law (e.g., traffic tickets, disturbing the peace, etc.) Detention in jail or other institution. Dealing With Work Related Stress

Examples that can cause work related stress are trying to get too much work done in too little time, cutting corners or otherwise taking chances that may put you, or someone else at risk, and trying to get along with superiors and co-workers.

Everybody has days when there simply seems there's too much work to get done. Trying to get everything done by yourself can bring on stress. Some people try and deal with the pressure by delegating certain jobs to others.

If you can unburden yourself and not worry

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about when and how the work gets done, if you can put full faith and trust in co-workers or subordinates it can be an effective escape valve. Trouble is, most people can't let go. If you have the type of personality that demands to know how things are going, chances are you're only increasing the pressure and stress on yourself by constantly worrying if the work is getting done or not.

To lessen stress you must either learn to trust others to get the job done, or prioritize jobs to get rid of "what must be done" first. Many people tend to "put off" the difficult jobs they hate to do until the last possible minute. Of course, this only makes it all the more difficult and stressful when you finally get around to doing what you should have done earlier.

When you feel the "walls closing in on you" if possible, take a break. Many people in trying to relax actually kick their bodies into overdrive by using their break time to either get a nicotine or caffeine fix. Instead of calming you down, both substances being stimulants speed up your body processes. You may think you're relaxing, but your blood pressure and heart are working harder.

Instead of coffee or cigarettes try a brief chat with friends, a short leisurely walk, even just looking out the window for a few minutes. Never take breaks, or eat lunch at your work station. The point of a break is to get away from whatever work you're doing. You can't get your mind off your work if you're chained to your work area.

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Getting along with your co-workers and the boss can be more than a sore point. It can be something you learn to put up with, or it can turn into a festering wound that only gets worse with time. If you're having problems, get them out in the open. Most managers today at least have some training in dealing with personal problems. If you can't clear the air or have tried using all the company procedures to resolve a grievance, and you no longer enjoy your job, hate to go to work in the morning, or feel that the pressure is getting to be too much, it may be time to seriously consider a change.

STRESS AWAY FROM WORK

Anyone who's ever been stuck in a major traffic jam probably has seen the darker side of many people's personalities. It seems everyone is always in a hurry to either get, or go somewhere, and never seem to allow enough time for the everyday problems that are bound to crop up from time to time.

Banging on the steering wheel, laying on the horn, giving someone the "finger," or shooting a string of obscenities is only reacting to something that has already happened. You can't make the guy in front of you go any faster, or prevent someone from cutting you off. Accidents, road repairs, and just plain heavy traffic happens. Learn to deal with it or don't drive. If you must, at least change your route from time to time. Always allow plenty of time, and try and make all trips as pleasant as pos-

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sible. You may not realize it, but how you act on your way to work, or on your way home will have either a positive or negative impact. Accept the fact that it's something you just have to get through so you may as well try and make the best of it.

Most people are smart enough to know that they should set some time aside to take it easy. If you participate in some sports activity, remember you're doing it to relax! While many people naturally have their competitive nature come to the surface when engaging athletics, don't lose sight of the fact you're participating to have fun. Don't get bent out of shape if you don't always win or otherwise play up to par. The whole point is to enjoy yourself and forget your everyday worries. Treat it as a night out with the "boys," or gals and relax!

Families can be as source of support, an oasis away from the everyday pressures or sometimes it's only a place to grab a few hours sleep and get back in the rat race. Your children, spouse, family members, in-laws can be a source of irritation at times. If someone is constantly doing something that really "bugs you," tell the offending person or persons and see if things can be straightened out before things get out of control.

A man's home (a woman's too) should indeed be a place to rest and relax. Many people find it helpful unwind by sharing the day's events with their loved ones. It should not develop into a daily routine, nor should you give a detailed blow

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by blow recap of the day's events, but when things go wrong, who better to talk to than your family? Holding things back, keeping it inside yourself, almost always does more harm than good and can affect not only your well-being but everyone else in your family as well. Talking things over is a great way to get rid of built up stress that many people overlook.

You should also be a good listener. Don't unload your problems and have no time for your mate's or children's problems. They may seem trivial to you, but they are real problems that need solving just like yours.

A great way to get rid of stress is, every once in a while, do something totally different and unexpected without any prior planning. Don't fall into a trap when you must do such and such thing a certain way, or at specific time or place. If you always put on a blue suit on Thursday, or go to an Italian restaurant on Tuesday, break the habit every once in a while. Even doing things you like can become stressful if you're stuck in the same old rut week after boring week.

Stress can best be managed by realizing what you can change about your life and knowing what you can't. Learn how to recognize the difference and you'll enjoy life more and be better able to deal with the ups and downs that are part of everyone's life.

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